**Got these signs? Here comes your period**

Most of the women in their reproductive age dread their period. This is because of the long list of physical and emotional symptoms that appear just before their monthly gift arrives. Experts at [Mayo Clinic](https://www.mayoclinic.org/diseases-conditions/premenstrual-syndrome/symptoms-causes/syc-20376780) claim that about 3 of every 4 women, in their reproductive age, experience these symptoms before their period.

The symptoms that appear before menstruation are termed in medical terms as “Premenstrual Syndrome”. The symptoms you experience during the premenstrual syndrome may be the same for every one but their intensity varies. One woman may experience severe back pain while the other may feel negligible pain. It all varies.

According to a study conducted by [Dickerson et al.](https://europepmc.org/abstract/med/12725453) in 2003, the etiology of the premenstrual syndrome remains unclear. However, researchers believe that it is somewhat associated to the numerous hormonal changes that occur during the menstrual cycle.

This article tends to explain what are the possible signs and symptoms you might get before your period and how you can reduce their intensity with a little effort.

**Signs and symptoms of a period**

The signs of a period usually begin to appear a week or two before your period. The symptoms are usually quite the same for all women but their intensity varies. In a research conducted on the topic of Premenstrual Syndrome, [Yonkers et al.](https://www.sciencedirect.com/science/article/pii/S0140673608605279) claim that the signs and symptoms of a period vary from physical to emotional symptoms.

One woman may experience only physical symptoms while another may experience only emotional symptoms or both. The symptoms of a period, as explained by [Reid and Yen](https://www.sciencedirect.com/science/article/pii/0002937881904178) in their study, are as follows:

1. **Physical symptoms**
* **Abdominal cramps:** Menstrual cramps, also called Dysmenorrhea in medical terms, are one of the most common PMS symptoms. These cramps usually occur in the lower abdomen. The pain may even radiate to the lower back or thighs.

Experts at [Health Line](https://www.healthline.com/health/womens-health/period-signs#abdominal-cramps) claim that these cramps occur due to uterine contractions.

* **Acne/Breakouts:** According to a research conducted by [Stoll et al.](https://www.ncbi.nlm.nih.gov/pubmed/11712049), at least half of the women who are in their reproductive age, experience an increase in acne before their period. Most of these breakouts appear on the face but they may also spread to the neck or back. The major cause of these breakouts are the hormonal changes that occur during the menstrual cycle.
* **Tender breasts:** Health experts at [Medical News Today](https://www.medicalnewstoday.com/articles/323998.php) claim that the cause of tender or sore breasts before and during periods are the hormonal fluctuations. Reduction in the levels of the hormones estrogen and progesterone stimulates milk ducts and causes breasts to become large and swollen.
* **Fatigue:** Your body is very likely to experience fatigue when your period approaches. This is due to the numerous physical and emotional changes that your body is going through at that time.
* **Headache:** Headache is one of the most common PMS symptoms. Migraines are the most common type of headaches during periods. According to a [research](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3002599/) conducted by MacGregor, about 50 percent of women who have migraine associate it with their period. Once again hormonal changes are the cause.
1. **Emotional symptoms**
* **Mood swings:** PMS can bring about a rollercoaster of emotions and mood swings in women. These moods swings can be wild outbursts of crying and anxiety or extreme sadness and irritability.
* **Appetite changes and food cravings:** According to a study conducted by [Cohen et al.,](https://www.sciencedirect.com/science/article/pii/0018506X87900043) women experience intense food cravings before their period arrives and even during menstruation. But these cravings vary. One woman may crave for chocolates and another may crave for salty ravenous treats. It all varies.
* **Changed libido:** [Ferrero and Pietra](https://www.popline.org/node/520252) in their study claim that women experience fluctuations in their libido before and during the menstrual cycle. Some women may experience an increased desire for sex while others may feel a low sex drive.
* **Sleep disturbances:** As explained in a study conducted by [Manber et al](https://psycnet.apa.org/buy/1997-06152-002)., women experience changes in their sleep patterns during the luteal phase (one to two weeks before menstruation) of their menstrual cycle. Women may feel changes in their sleep efficiency and sleep quality.

**How to get rid of PMS symptoms**

Although PMS symptoms may cause serious discomfort to women, but a few diet and lifestyle changes can greatly help in reducing these symptoms. Experts at [WebMD](https://www.webmd.com/women/pms/features/herbal-treatments-for-pms#1) prescribe the following soothing remedies for PMS symptoms:

1. **Chasteberry:** Although not enough research has been conducted in this field but anecdotal information reveals that chasteberry, the fruit of the chaste tree is very helpful in relieving PMS symptoms, especially breast pain and tenderness. Even it is sometimes considered to be more effective than typical PMS medicines like Selective Serotonin Reuptake Inhibitors.

Even a study conducted by [Huddleston and Jackson](https://go.galegroup.com/ps/anonymous?id=GALE%7CA74292245&sid=googleScholar&v=2.1&it=r&linkaccess=abs&issn=00943509&p=AONE&sw=w) claims that Chasteberry extract is helpful in reducing emotional symptoms of PMS such as anxiety, irritability and food cravings.

1. **Increased intake of calcium.** According to experts at [Mayo Clinic](https://www.mayoclinic.org/diseases-conditions/premenstrual-syndrome/diagnosis-treatment/drc-20376787), increasing your calcium intake before your period arrives can help you avoid PMS symptoms like breast tenderness, anxiety and fatigue.
2. **Moderate amount of exercise.** Moderate exercise (30 minutes’ walk or cycling) regularly can keep you active and help avoid bloating, fatigue and a depressed mood leading to overall health improvement.
3. **Take a soothing bath.** A soothing and relaxing warm water bath with Epsom salts is very helpful to get rid of all that fatigue and anxiety.

**Medicines for PMS**

Sometimes PMS symptoms become so severe that women have to consult their doctor for medical treatment. According to experts at [Women Health Magazine](https://www.everydayhealth.com/pms/pms-treatment.aspx), your doctor is most likely to prescribe you the following medications for PMS symptoms:

1. **Non-Steroidal Anti-Inflammatory Drugs.** Over-the-counter NSAIDs like ibuprofen and naproxen are given to relieve abdominal pain, headaches, and other menstrual cramps.
2. **Antidepressants.** Sometimes doctors also prescribe antidepressant medications like Selective Serotonin Reuptake Inhibitors (SSRIs). These medications have proven to be helpful in reducing depression and anxiety which are one of the most common symptoms of PMS.
3. **Vitamin and mineral supplements.** Your doctor may also prescribe you vitamin supplements like vitamin E and vitamin B6, calcium, magnesium and other minerals. Although not much research has been conducted on these but these supplements can prove to be helpful in reducing your symptoms.

Guidelines

Primary keywords: signs of period

Keywords: signs your period is coming, period symptoms, signs of period coming, how to know when your period is coming, signs your period is coming tomorrow, how do you know when your period is coming tomorrow, signs your period is about to start, signs of your period, premenstrual symptoms, mood swings, symptoms include, period starts, pms symptoms, early pregnancy, menstrual period, breast swelling, womens health, common symptoms, track your period, birth control, time of the month, menstrual cycle, leading up to your period, side effects, talk to your doctor, premenstrual syndrome, estrogen and progesterone, vaginal discharge

* Word count: Currently at 600 words, add 600 words
* High school readability level
* Tone of voice should be neutral
* Add key takeaways at end of article
* Add section for doctor to add his thoughts and recommendations
* Add statistics and or data to back up why what we are saying works.
* Paragraph length should focus on one idea or concept. Typically 1-5 sentences, no longer than 90 words
* Follow other blog guidelines doc