

## DYSMENORRHEA



### DEFINITION:

Dysmenorrhea is one of the most common conditions affecting women. Dysmenorrhea means painful menstruation.

### CAUSES OF PAIN:

- Poor posture
- Insufficient exercise
- Weak abdominal muscles
- Improper diet
- Tight clothing
- Poor circulation
- Undue muscle tension
- Fatigue
- Organic causes of pain include ovarian cysts, endocrine imbalance or infections

### SYMPTOMS OF DYSMENORRHEA:

- Headache
- Tension
- Constipation or diarrhea
- Pressure and pain in the abdominal area and/or low back
- Leg pain

### SUGGESTIONS TO THE STUDENT:

- Decrease consumption of salt one week prior to menstrual onset.
- Increase water intake and consumption of roughage (celery, carrots, apples) one week prior to menstrual onset.
- Avoid wearing tight clothing.
- Avoid feeling chilled.
- Avoid exhaustive exercise.

## TEACHING TIPS:

- Encourage exercises that develop abdominal strength.
- Inform the student that exercise during menstruation is safe and beneficial.
- Provide exercises that stimulate circulation and increase flexibility.

*Information on this sheet contains only suggested guidelines. Each student must be considered individually, and in many cases, a physician's written consent should be obtained.*