

The Effectiveness of Dietary Modifications on Premenstrual Syndrome

Thesis

Submitted in fulfillment of the requirements for the
M.D. Degree in Family Medicine

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2015

بسم الله الرحمن الرحيم

" وما توفيقى إلا بالله عليه توكلت وإليه أنيب "

صدق الله العظيم

-- هود ٨٨

Acknowledgement

First and foremost, I am thankful to God, for without his grace, this work would never have been accomplished.

*My sincere appreciation goes to **Prof. Nagwa Eid Sobhy Saad** Professor of Internal Medicine and Head of the Family Medicine Department, Faculty of Medicine, Cairo University for guiding and supporting me through this work and for her great effort through the different phases of this work.*

*I am deeply indebted to **Prof. Gamal Gamal Eldin Youssef** Professor of Gynecology and Obstetrics, Faculty of Medicine, Cairo University for his support and for his critical insights.*

*I am really grateful to **Dr. Ghada Mahmoud Khafagi** Lecturer of Family Medicine, Faculty of Medicine, Cairo University for her support, help and supervision during the course of this work.*

محضر
اجتماع لجنة الحكم على الرسالة المقدمة من
الطبيب / سارة محمد نادر محمد أبو الفتوح
توطئة للحصول على درجة الماجستير / الدكتوراه
في طب العائلة

تحت عنوان باللغة الإنجليزية: The effectiveness of dietary modifications on premenstrual syndrome

باللغة العربية: تأثير التعديلات الغذائية على متلازمة
ما قبل الحيض

بناء على موافقة الجامعة بتاريخ ٢٦ / ٣ / ٢٠١٥ تم تشكيل لجنة الفحص والمناقشة للرسالة المذكورة أعلاه على النحو التالي :-

١. د. نجوى عيد صبحي سعد - أستاذ أمراض الباطنة ورئيس قسم طب العائلة عن المشرفين
٢. د. حسن عمر غريب - أستاذ أمراض النساء والتوليد ممتحن داخلي
٣. د. محمد هاني شحاتة - أستاذ مساعد طب الأسرة - جامعة قناة السويس ممتحن خارجي

بعد فحص الرسالة بواسطة كل عضو منفردا وكتابة تقارير منفردة لكل منهم انعقدت اللجنة مجتمعة في يوم السبت بتاريخ ١١ / ٤ / ٢٠١٥ بقسم: مركز تطوير التعليم الطبي مدرج ١ بكلية الطب - جامعة القاهرة وذلك لمناقشة الطالب في جلسة علنية في موضوع الرسالة والنتائج التي توصل إليها وكذلك الأسس العلمية التي قام عليها البحث .

قرار اللجنة: قبلت الرسالة

توقيعات أعضاء اللجنة :-
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Abstract

Background: Studies showed that up to 90% of women experience some premenstrual symptomatology, with 3-8% having symptoms severe to disrupt everyday life and/or interpersonal relationships

Objective: A prospective interventional controlled study was conducted to determine the effectiveness of dietary modifications on PMS and to determine the relation between the various studied variables and the severity of the different PMS symptoms.

Materials and methods: One hundred and six females with PMS were included from the family medicine clinics in Kasr Alainy and randomly divided into intervention and control groups. The tool used for data collection was the modified Premenstrual Syndrome Questionnaire.

Results: The intervention group showed a statistically significant improvement in the affective, somatic and others groups of PMS symptoms after applying the dietary modifications. A statistically significant relation was found between the severity of the PMS symptoms and the age of females, the number of menstruating days/cycle, menstruating years, deliveries, the marital status, the presence of female family members with PMS specially sisters, daily meals, daily cups of water and daily servings from the bread and cereals group.

Conclusion: Dietary modification is an effective method in reducing the severity of the various PMS symptoms and thus it could be used safely as the first line of management of PMS.

Keywords: premenstrual syndrome, dietary modification, diet.

Abbreviations

- **5-HT:** 5-Hydroxytryptamine(Serotonin)
- **AAFP:** American Academy of Family Physicians
- **ACOG:** American College of Obstetricians and Gynecologists
- **BMI:** Body Mass Index
- **CAM:** Complementary and Alternative Medicine
- **CAPMAS:** Central Agency for Public Mobilization and Statistics
- **CBT:** Cognitive-Behavioral Therapy
- **DSM-IV:** Diagnostic and Statistical Manual of Mental Disorders – IV
- **FSH:** Follicle Stimulating Hormone
- **GAIN:** Global Alliance for Improved Nutrition
- **GnRHa:** Gonadotropin Releasing Hormone analogue
- **HHS:** Department of Health and Human Services
- **HRT:** Hormone Replacement Therapy
- **IF:** Isoflavones
- **ISP:** Isolated Soya Protein
- **KSA:** Kingdom of Saudi Arabia
- **LH:** Luteinizing Hormone
- **LLPDD:** Late Luteal Phase Dysphoric Disorder
- **Mg:** Magnesium
- **NIMH:** National Institute of Mental Health

- **PMDD:** Premenstrual Dysphoric Disorder
- **PMS:** Premenstrual Syndrome
- **RCT:** Randomized Controlled Trial
- **RDA:** Recommended Dietary Allowances
- **SHBG:** Sex Hormone-Binding Globulin
- **SSRI:** Selective Serotonin Reuptake Inhibitor
- **UAE:** United Arab Emirates
- **USA:** United States of America
- **USDA:** United States Department of Agriculture
- **VAMS:** Visual Analog Mood Scale
- **WFP:** World Food Programme
- **WHO:** World Health Organization

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