Risk Factors for Premenstrual Syndrome (PMS)

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En Español (Spanish Version)

A risk factor is something that increases your likelihood of developing a disease or condition.

It is possible to develop PMS with or without the risk factors listed below. However, the more risk factors you have, the greater your likelihood of developing PMS. If you have a number of risk factors, ask your healthcare provider what you can do to reduce your risk.

PMS is found in women all over the world. Up to 40% of women in their reproductive years experience some of the physical and emotional symptoms of PMS. The following factors increase the risk:

Age

PMS is most common in women between the ages of 25-40.

Psychological Factors

Women with depression are more likely to have PMS than those who do not have depression. Having a personality disorder may also increase a woman’s risk for developing PMS.

Stress

Stress is thought to play a role in the severity of PMS symptoms.

Dietary Factors

Low levels of certain vitamins and minerals, particularly magnesium, manganese, and vitamin E, may increase a woman’s risk for developing PMS. Risk of PMS is also higher in women who eat a lot of salty foods. This can lead to fluid retention. A diet with a lot of simple sugars (candy, sweet drinks), may cause mood changes and fatigue.

REFERENCES:


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