Treatments for Premenstrual Syndrome (PMS)

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En Español (Spanish Version)

Many treatments have been tried for relieving the symptoms of PMS. No treatment has been found to be consistently effective for all symptoms, but treating one or two symptoms may alleviate the whole syndrome.

Primary treatment strategies involve lifestyle changes. Secondary treatment strategies are employed only if your PMS symptoms do not improve within two or three months after making lifestyle changes. Secondary treatments may involve dietary supplements, medications, psychotherapy, and alternative and complementary therapies.

Treatment is focused on reducing or eliminating physical, emotional, and behavioral symptoms of PMS and may involve the following:

- Lifestyle changes
- Medications
- Alternative and complementary therapies

There are currently no surgical options for the treatment of PMS.

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