

DYSMENORRHEA

(MENSTRUAL CRAMPS)



DYSMENORRHEA

- ✗ Introduction.
- ✗ Classification.
- ✗ Clinical features.
- ✗ Diagnosis.
- ✗ Management

Definition:

- ▶ **Dysmenorrhea is defined as Painful menstruation**
- ▶ **The term dysmenorrhea is derived from the Greek words:**
 - *dys*, meaning difficult/painful/abnormal
 - *meno*, meaning month
 - *rrhea*, meaning flow



WHAT IS DYSMENORRHEA

Medical term for **menstrual cramps**

Types of dysmenorrhea:

- **Primary:** common and normal
- **Secondary:** signals reproductive tract disease

Dysmenorrhea:

Dysmenorrhea is divided into two categories:

1. Primary dysmenorrhea
2. Secondary dysmenorrhea

DYSMENORRHEA CAUSES

Primary Dysmenorrhea

Natural uterine contractions due to high prostaglandin concentration, aimed at shedding its lining

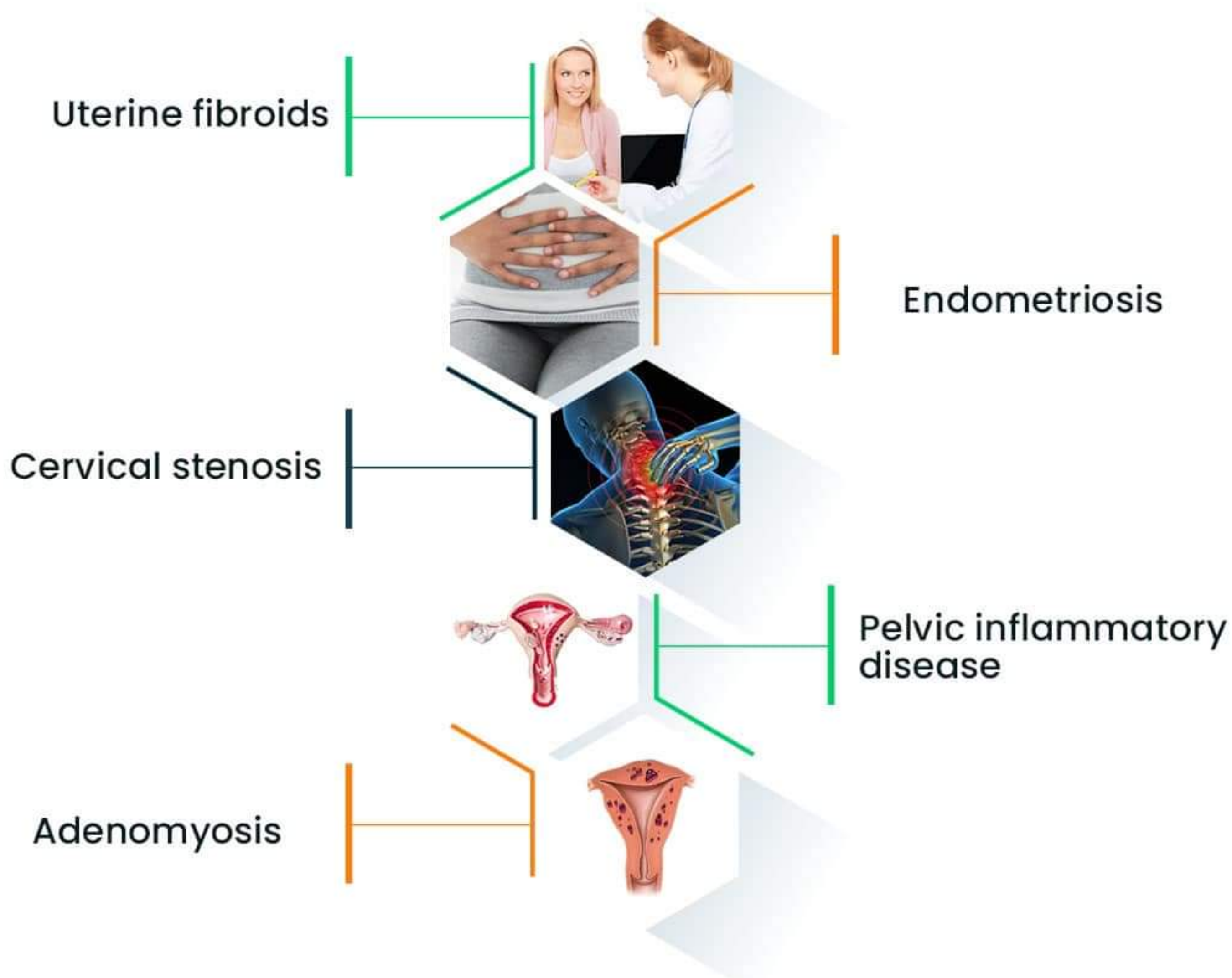


Secondary Dysmenorrhea

- Endometriosis
- Uterine fibroids
- PID



Dysmenorrhea Causes



Common

- Endometriosis
- Chronic pelvic inflammatory disease
- Adenomyosis
- Intrauterine polyps
- Submucosal fibroids
- Intrauterine contraceptive devices

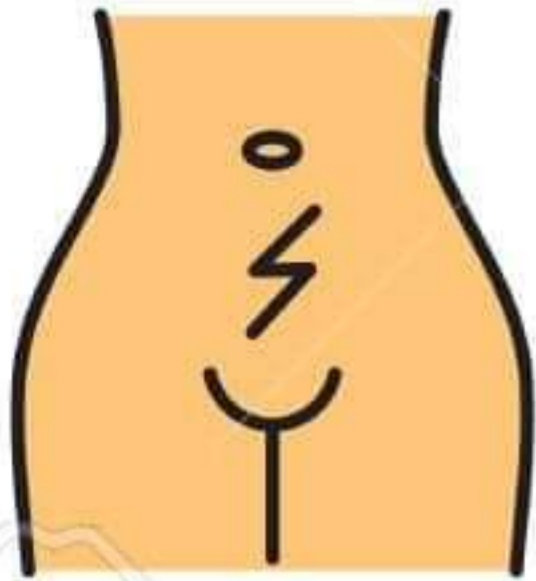
Less common

- Allen-Masters syndrome
- Congenital uterine abnormalities
- Cervical stenosis
- Asherman syndrome
- Uterine retroversion
- Pelvic congestion syndrome
- Ovarian cysts

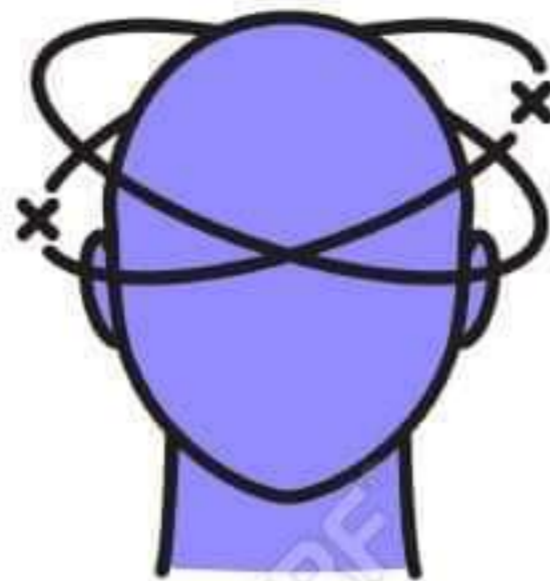
Dysmenorrhea Symptoms



DYSMENORRHEA



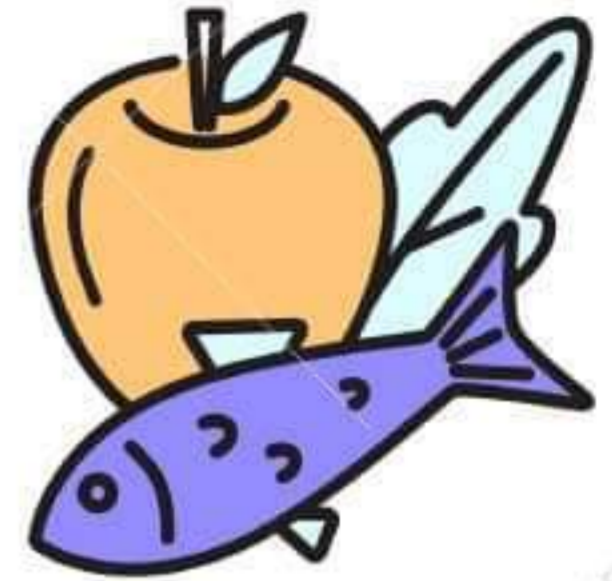
MENSTRUAL PAIN



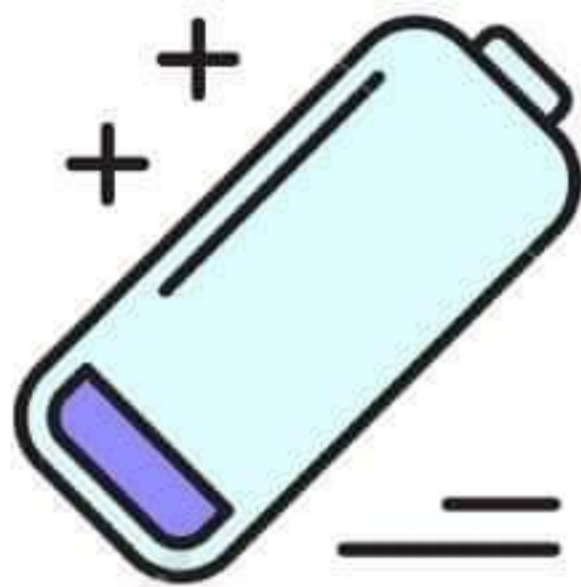
DIZZINESS



PAIN MEDICATION



HEALTHY FOOD



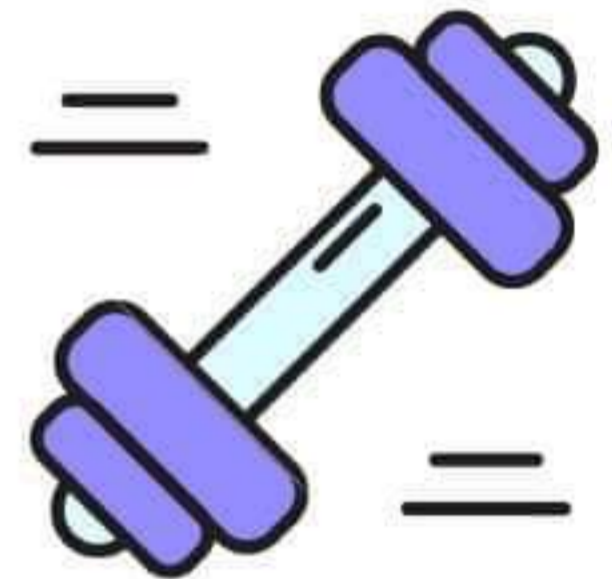
FATIGUE



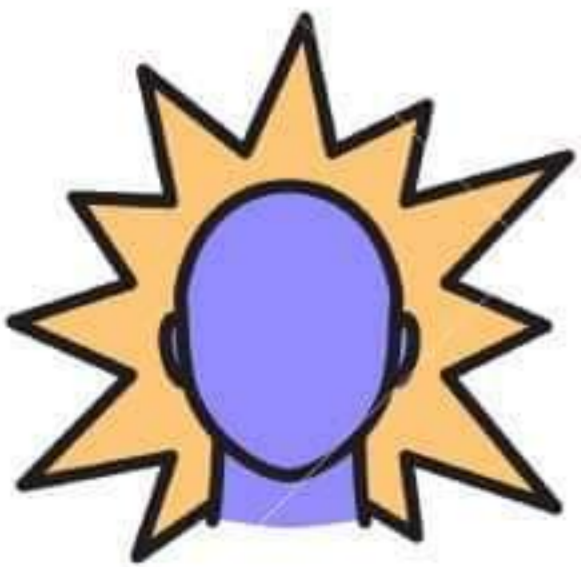
NAUSEA



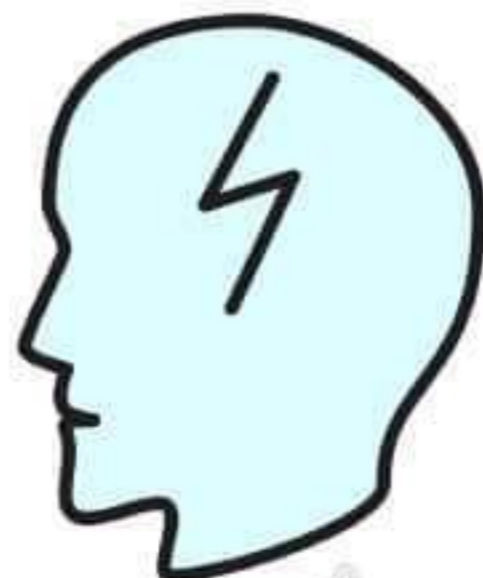
WARM SHOWER



EXERCISE



IRRITABILITY



HEADACHE



RELAXATION



HEATING PAD

Dysmenorrhea Diagnosis



X-ray



Laparoscopy



Ultrasound



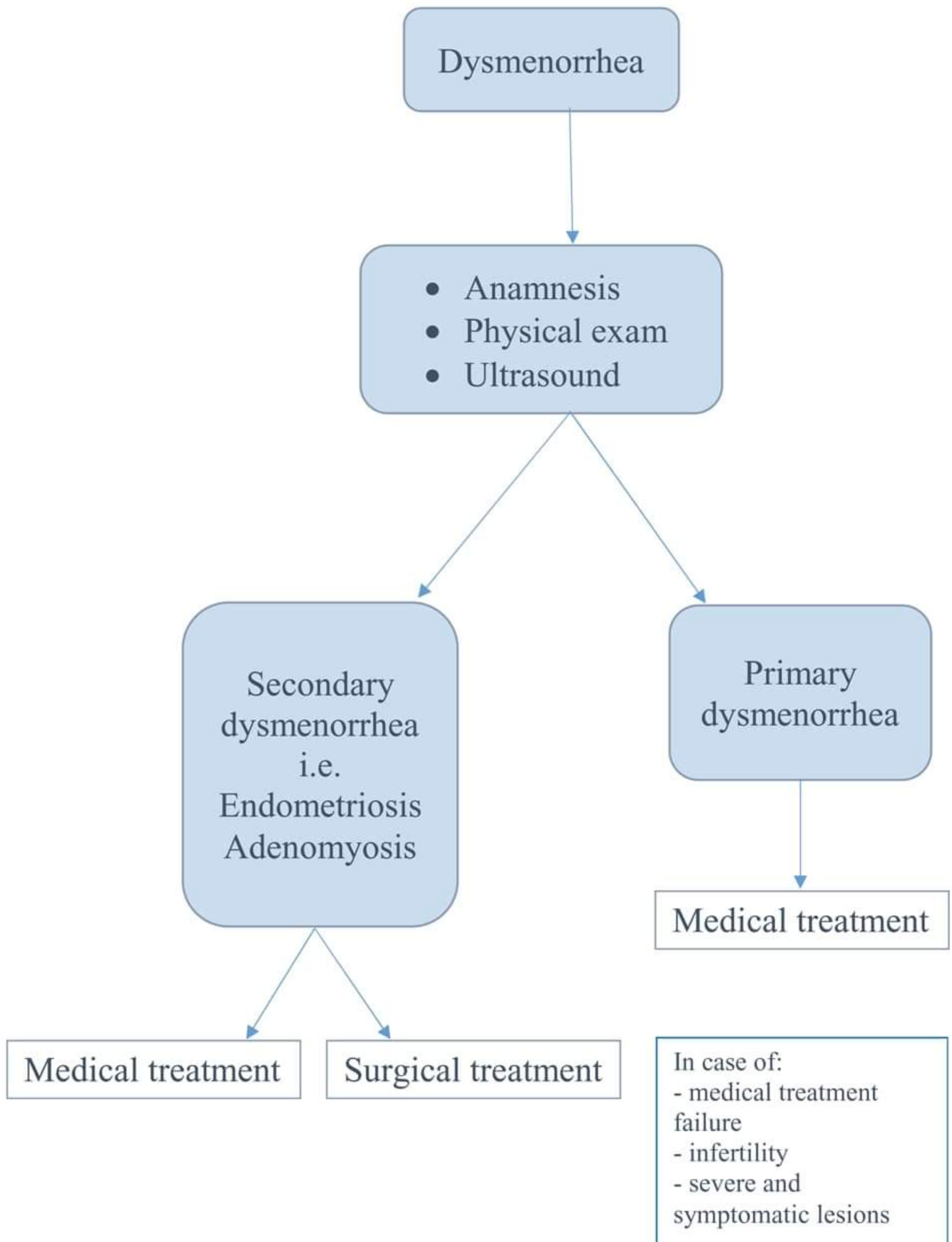
• **MRI** • **CT scan**

Dysmenorrhea: Treatment

To treat primary dysmenorrhea:

- pain relief : NSAIDs, cyclooxygenase- 2 inhibitor
- hormonal contraceptives
- life style changes:
 - daily ex.
 - limit salty foods
 - wt. loss
 - smoking cessation
 - relaxation techniques

Management of dysmenorrhea





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