

Check. Track. Manage. Your health.



Take control of your health by understanding how it relates to your menstrual cycle, or hormonal medication...

Women of reproductive age are...

Disproportionately affected (at least 2:1) by a range of health issues, which share many of the same symptoms as those caused by the menstrual cycle, or hormonal medication, especially;

- Anxiety
- CFS (Chronic Fatigue Syndrome)
- Depression
- IBS (Irritable Bowel Syndrome)
- Migraine

But...

- The menstruation taboo can prevent doctors and patients from mentioning, or considering, the menstrual cycle as a potential factor in ill health
- Menstrual cycle, or hormone medication-related symptoms continue to be frequently misunderstood, or even disbelieved
- A lack of any clinical specialism on the menstrual cycle undermines its role in ill health



The world's first hub:

- For **patients** suffering from hormone-related symptoms
- For **clinicians** involved in the diagnosis or treatment of such conditions
- For **researchers** interested in working in this area, or on related topics

We want to:

- Help people manage their health and improve their wellbeing
- Improve the diagnosis and treatment of hormone-related health issues
- Save the NHS, employers, and patients, unnecessary time and expense
- Create a new clinical/ research specialisation on the relationship between the menstrual cycle and ill health

Symptom	PMS/ Hormone- related	Anxiety	Depression	IBS	CFS/ME	Migraine
Difficulty concentrating/ Forgetfulness	■	■	■	■	■	■
Fatigue	■	■	■	■	■	■
Nausea/ Vomiting	■	■	■	■	■	■
Sensitivity to light, loud noise, alcohol or certain foods	■	■	■	■	■	■
Abdominal pain	■	■	■	■	■	■
Bloating/ Constipation	■	■	■	■	■	■
Diarrhoea	■	■	■	■	■	■
Excessive sweating/ Poor body temperature control	■	■	■	■	■	■
Headache/ Migraine	■	■	■	■	■	■
Irritability	■	■	■	■	■	■
Low mood/ self esteem	■	■	■	■	■	■
Muscle and joint pain	■	■	■	■	■	■
Sleeping problems	■	■	■	■	■	■
Anxiety/ tension	■	■	■	■	■	■
Restlessness/ Pins and needles	■	■	■	■	■	■
Backache	■	■	■	■	■	■
Dizziness	■	■	■	■	■	■
Low libido	■	■	■	■	■	■
Shortness of breath	■	■	■	■	■	■
Tearful	■	■	■	■	■	■
Abdominal (period) pain	■	■	■	■	■	■
Bladder urgency	■	■	■	■	■	■
Breast tenderness	■	■	■	■	■	■
Clumsiness	■	■	■	■	■	■
Dry mouth	■	■	■	■	■	■
Painful lymph nodes	■	■	■	■	■	■
Passing mucus (in stool)	■	■	■	■	■	■
Sore throat	■	■	■	■	■	■
Suicidal thoughts	■	■	■	■	■	■
Trembling or shaking	■	■	■	■	■	■
visual/sensory problems	■	■	■	■	■	■
% shared PMS/ hormonal symptoms	100%	81%	91%	80%	86%	80%

Symptoms as listed under each health condition on www.nhs.uk – retrieved 14 November 2016

Check, track, and manage your symptoms by finding out more at: www.menstrual-matters.com