

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



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

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

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