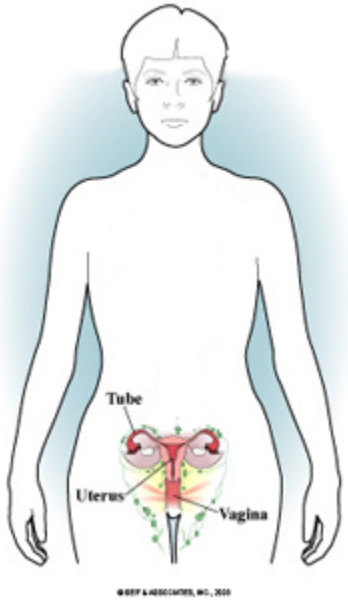
Dysmenorrhea
(Painful Periods)

Menstrual pain is caused by the muscles of the uterus tightening (*contracting*) during a menstrual period. The muscles of the uterus contract due to the chemicals in the uterus lining.



TREATMENT

Treatment depends on the cause of the dysmenorrhea. Treatment may include:

- Pain medication prescribed by your caregiver.
- Birth control pills.
- Hormone replacement therapy.
- Nonsteroidal anti-inflammatory drugs (NSAID's).
- An IUD with progesterone hormone in it.
- Acupuncture.
- Surgery to remove adhesions, endometriosis, ovarian cyst or fibroids.
- Removal of the uterus (*hysterectomy*).
- Progesterone shots. These shots stop the menstrual period.
- Cutting the nerves on the sacrum that go to the female organs (*presacral neurectomy*).
- Electric currant to the sacral nerves (*sacral nerve stimulation*).
- Anti-depression medication for depression.
- Psychiatric therapy, counseling or group therapy may be needed.
- Exercise and physical therapy. This can help decrease or stop the pain.
- Meditation and yoga therapy. This may be helpful to control or stop the pain.

SEEK MEDICAL CARE IF:

- You start having pain with your periods and you did not have it before.
- You have pain with sexual intercourse.
- You have pain with urination.

SEEK IMMEDIATE MEDICAL CARE IF:

- Your pain increases and is not controlled with medications.
- You develop an unexplained oral temperature during your period.
- You develop nausea or vomiting with your period not controlled with medication.
- You have abnormal vaginal bleeding with your period.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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