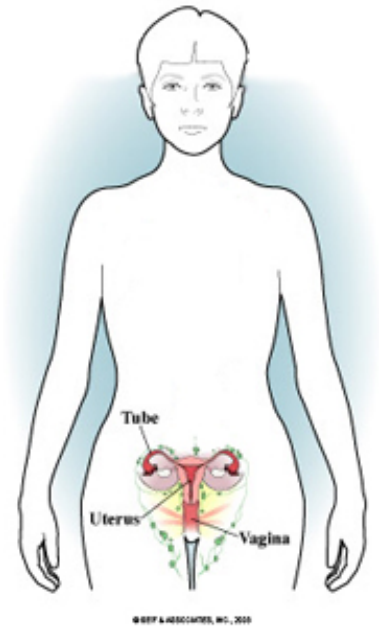
Dysmenorrhea

Dysmenorrhea is pain during a menstrual period. The pain is caused by the tightening (*contracting*) of the muscles of the uterus. Headache, feeling sick to your stomach (*nausea*), throwing up (*vomiting*) or low back pain may occur with this condition.



HOME CARE

- Only take medicine as told by your doctor. **Do not take aspirin**. It can cause more bleeding with your period.
- Exercise may help lessen the pain.
- Yoga may help.
- Acupuncture may help.

GET HELP IF:

- The pain does not get better with medication.
- The pain gets worse while taking pain medication.
- You develop a fever of 100.5º F (38.1º C) or higher.
- You start to have uncontrolled nausea and vomiting.
- The pain is moving to your upper belly (*abdomen*).
- Your period bleeding is heavier than normal.
- You pass out.

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