

English	Simplified Chinese (Mandarin) / 简体中文
<p>Premenstrual Syndrome (PMS)</p> <p>Changes in your body's hormone levels before your period can cause physical and emotional changes. This is often known as Premenstrual Syndrome (PMS). A more severe form of PMS is known as Premenstrual Dysphoric Disorder (PMDD).</p> <p>There are lots of different things you can do to help try and ease the symptoms of PMS. You can get help if it impacts your daily life.</p>	<p>经期前综合征 (PMS)</p> <p>月经前，您体内的激素水平发生变化，可导致身体和情绪上的变化。这通常被称为经期前综合征 (PMS)。较严重形式的 PMS 称为经前烦躁症 (PMDD)。</p> <p>您可以采取多种不同的方法来帮助缓解 PMS 症状。如果影响到您的日常生活，可以寻求帮助。</p>
<p>What to expect</p> <p>There are many possible symptoms of PMS, but typical symptoms include:</p> <ul style="list-style-type: none"> • mood swings 	<p>预期结果</p> <p>PMS 可能有许多症状，但典型症状包括：</p> <ul style="list-style-type: none"> • 心情波动

- feeling down or anxious
- feeling irritable
- feeling bloated – your tummy sticks out more than normal
- headaches
- breast tenderness or changes
- loss of interest in sex
- changes in skin (like spots or dryness)
- changes in appetite
- tiredness and/or difficulty sleeping

These symptoms usually improve when your period starts and disappear a few days afterwards. PMS doesn't affect all people who have periods. But some people can experience very severe symptoms that can affect their everyday life. It's important you speak to your doctor if you feel you need help managing your symptoms.

PMS can occur at any point in your reproductive life – but can worsen during menopause.

It can be helpful to keep a note of your period dates and symptoms using a calendar, a diary or an app. You can then discuss this with your doctor who can decide if any tests or treatments might be needed.

- 感觉情绪低落或焦虑
- 感觉易激惹
- 感觉腹胀—腹部比平时突出
- 头痛
- 乳房胀痛或变化
- 缺乏性欲
- 皮肤变化（如斑点或干燥）
- 食欲改变
- 疲倦和/或睡眠困难

这些症状通常在月经开始时得到改善，并在数天后消失。并非所有行经的人都会患 **PMS**。但有些人会出现非常严重的症状，可影响日常生活。如果您认为自己需要寻求帮助，以管理症状，告诉医生很重要。

PMS 可发生于生育期的任何时间，但可能在绝经期加重。

用日历、日记或应用程序记录您的经期和症状可能会有帮助。然后，您可以就此和医生讨论，由其决定是否需要进行任何检查或治疗。

如果您要去看医生，需要事先考虑一些有用的信息：

<p>If you're seeing your doctor, there are some useful pieces of information to think about beforehand:</p> <ul style="list-style-type: none"> • the first day of your last period (when it started) • how many days your period usually lasts • what was the shortest time between your periods (from the first day of one period to the first day of the next) • what was the longest time between your periods (from the first day of one period to the first day of the next) • how often you need to change your period products on a heavy day • if you are over 25, when you had your last smear test 	<ul style="list-style-type: none"> • 末次月经的第一天（开始日期） • 您的经期通常持续多少天 • 非经期的最短时间（某次月经第一天到下次月经第一天的时间段） • 非经期的最长时间（某次月经第一天到下次月经第一天的时间段） • 月经较多时您需要多久更换一次月经期用品？ <p>如果您已经年满 25 岁，最近一次涂片检查是在何时？</p>
<p>How to help PMS</p> <p>There are lots of different things you can do to help try and ease the symptoms of PMS:</p> <ul style="list-style-type: none"> • gentle exercise – like going for a walk or cycle • eating a healthy, balanced diet • taking pain relief like paracetamol or ibuprofen – always follow the manufacturer's instructions • trying to get 7 to 8 hours of sleep a night 	<p>如何帮助管理 PMS</p> <p>您可以采取多种不同的方法来帮助缓解 PMS 症状：</p> <ul style="list-style-type: none"> • 平和的运动，如散步或骑自行车 • 摄入健康、均衡的饮食 • 使用镇痛药，如对乙酰氨基酚或布洛芬—始终遵循生产商说明 • 尽量保持每晚 7-8 小时的睡眠时间 • 瑜伽、呼吸练习和冥想有助于减轻压力

<ul style="list-style-type: none"> • yoga, breathing exercises and meditation to help reduce stress • complementary therapies or supplements such as calcium and vitamin D 	<p>补充疗法或钙、维生素 D 等补充剂</p>
<p>Talking to your doctor</p> <p>Although PMS symptoms are normal, speak to your doctor if they're affecting your day to day life. There are options and support available to help you, such as:</p> <ul style="list-style-type: none"> • hormonal medicine, such as the combined contraceptive pill • Cognitive Behavioural Therapy • some types of antidepressant medications 	<p>告诉医生</p> <p>虽然 PMS 症状实属正常，但若影响到您的日常生活，也应告诉医生。他们可以提供许多方案和支持来帮助您，如：</p> <ul style="list-style-type: none"> • 激素类药物，如复方避孕药 • 认知行为疗法 <p>某些类型的抗抑郁药</p>
<p>Premenstrual Dysphoric Disorder (PMDD)</p> <p>PMDD is another term that is used to describe severe PMS. It can occur at any time, but is more often experienced when periods start or during menopause. It's a complex condition where you may experience difficulties with your mental health as well as physical symptoms.</p> <p>Emotional symptoms can include:</p> <ul style="list-style-type: none"> • mood swings 	<p>经前烦躁症 (PMDD)</p> <p>PMDD 是用于描述重度 PMS 的另一个术语。PMDD 可发生于任何时间，但更常见于月经开始时或绝经期。它是一种复杂的疾病，您可能难以保持精神健康，并出现身体症状。</p> <p>情绪上的症状可能包括：</p> <ul style="list-style-type: none"> • 心情波动 • 感到愤怒或易激惹

- feeling angry or irritable
- feeling tired and disengaged
- feeling anxious or tense
- feeling overwhelmed
- difficulty concentrating
- suicidal feelings – if you have [suicidal feelings](#), it's really important to seek help

[Further information about mental health](#)

Physical symptoms can include:

- breast tenderness or swelling
- headaches
- pain in your muscles and joints
- feeling bloated – when your tummy sticks out more than normal
- changes in your appetite
- tiredness and/or difficulty sleeping

If you feel you're experiencing some of these symptoms, speak to your doctor.

- 感到疲倦和无所事事
- 感到焦虑或紧张
- 感觉不堪重负
- 注意力不集中
- 自杀倾向——如果您有[自杀倾向](#)，寻求帮助非常重要

[关于精神健康的更多信息](#)

身体上的症状可能包括：

- 乳房胀痛或肿胀
- 头痛
- 肌肉和关节疼痛
- 感觉腹胀——腹部比平时突出
- 食欲改变
- 疲倦和/或睡眠困难

如果您出现其中某些症状，请告诉医生。

For more information about periods in Chinese (simplified) go to https://www.nhsinform.scot/translations/languages/chinese-simplified/	欲了解关于月经期的更多信息（简体中文版），请访问 https://www.nhsinform.scot/translations/languages/chinese-simplified/
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