

ABOUT PREMENSTRUAL SYNDROME (PMS)

The Cause of PMS

Research into PMS has found that women who suffer from it tend to have a malfunction in the production of hormones during the menstrual cycle. Some women were found to be deficient in progesterone and some had more oestrogen than expected. The conclusion is that the imbalance between these two hormones is responsible for upsetting the normal working of the menstrual cycle, causing many of the symptoms of P.M.S.

The Symptoms

Tender Breasts

The breasts tend to become swollen and very tender to the touch. In some extreme cases, you may need a larger bra, as your normal size feels tight and constricting. There are two main causes of this problem - water retention in the breast tissue and the hormonal changes affecting the flow of blood in the skin and underlying tissue.

Headaches or Migraines

Headaches come in many forms, from dull throbbing, to sharp pains in the forehead. Often they respond to normal treatment from pills but they are also helped by avoiding stressful situations. Not to be confused with a normal headache, the symptoms of a migraine are seeing bright lights, feeling sick or dizzy and, in some cases, experiencing numbness or pins and needles in the limbs. The migraine that follows can last a short time or even for days.

Water Retention

As a result of hormonal changes, the body's tissues and cells retain more water than usual. Instead of passing this water naturally through urination and perspiration, it collects in various parts of the body. The more common parts that are affected by this are the abdomen, thighs, ankles, fingers and breasts. Although generally only about 2 or 3 pounds, in some cases weight gain can be as much as 5 or 6 pounds. Not surprisingly, this can result in a bloated, uncomfortable feeling. Water retention can be self-treated with a mild diuretic.

Lack of Co-ordination

Half of all accidents occurring to women in the home or on the roads happen during the week before menstruation. It appears that tension can diminish concentration which often results in general clumsiness. This tension can also cause a stiffening of the muscles which would also account for a general lack of co-ordination.

Aches and Pains

Many women regularly experience a general feeling of stiffness, accompanied by dull aching in various parts of the body. Sometimes these symptoms are localised in the shoulders, legs or hands. Occasionally, you may experience pain all over. Again, tension is the most common cause.

Tension

You may feel moments of panic or feel unsettled and worried about nothing at all. As tension builds up, it becomes more difficult to control and can result in irritability. This manifests itself in many ways including sudden, unexplained loss of temper and snappishness. For some women, it is not so much a loss of temper as a loss of good humour that shows up in P.M.S. Lethargy, too, is a very common premenstrual problem, often caused by the lowering of blood sugar levels. Your body may be just generally feeling below par and therefore unable to find its normal energy level.

What can I do about P.M.S.?

Take the first step by knowing what your symptoms are and when they occur, so that you are ready to cope with them. If many of your symptoms are severe, you would be wise to consult your doctor. In mild cases you can, to an extent, treat yourself. Once you know when you are liable to have the problem, you can organise how you are going to get round it. Knowledge of the fact goes a long way to conquering the problem and finding the answers for yourself.

AquaBan[®]

Tablets

Ammonium Chloride • Caffeine

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription. However, you still need to take Aquaban carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must contact a doctor if your symptoms worsen or do not improve after 5 days.
- If any of the side effects become serious, or if you notice any side effect not listed in this leaflet, please tell your doctor or pharmacist.

In this leaflet:

1. What Aquaban is and what it is used for
2. Before you take Aquaban
3. How to take Aquaban
4. Possible side effects
5. How to store Aquaban
6. Further information

1. What Aquaban is and what it is used for

Aquaban tablets are for the relief of pre-menstrual water retention. Aquaban contains two diuretics which help you get rid of excess water which can build up before a period.

2. Before you take Aquaban

Do not take Aquaban if you:

- are suffering from liver or kidney problems
- are allergic to any of the ingredients (see section 6 for a complete list of ingredients).

Taking other medicines

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

Pregnancy and breast-feeding

Do not take Aquaban tablets if you are pregnant or breast-feeding.

3. How to take Aquaban

Women with pre-menstrual water retention:

Swallow 2 tablets three times a day after meals starting four or five days before expected period until period begins. Do not take for more than 5 days. Not recommended for children under 12 years old.

If you take more Aquaban than you should

Seek immediate medical advice in the event of an overdose.

If you forget to take Aquaban

Do not take a double dose to make up for a missed dose.

4. Possible side effects

Like all medicines, Aquaban can cause side effects, although not everybody gets them.

You may notice any of the following mild side effects:

- nausea (feeling sick)
- abdominal cramps or stomach pains
- headache.

If any of the side effects become serious, or if you notice any side effect not listed in this leaflet, please tell your doctor or pharmacist.

5. How to store Aquaban

Keep out of the reach and sight of children.

Do not take Aquaban after the expiry date which is stated on the packaging.

Do not store above 25°C.

Do not use if foil strip is damaged.

6. Further information

What Aquaban contains

The active substances per tablet are:

Ammonium Chloride..... 325mg

Caffeine..... 100mg

The other ingredients are:

Core: Magnesium Stearate, Microcrystalline Cellulose, Povidone.

Coating: Benzoic Acid, Colloidal Anhydrous Silica, FD&C Blue #2, Hypromellose, Iron Oxide, Methacrylic Acid Copolymer, Sodium Bicarbonate, Sodium Lauryl Sulphate, Simethicone, Stearate Emulsifiers, Sorbic Acid, Talc, Thickeners, Titanium Dioxide, Triethyl Citrate.

What Aquaban looks like and contents of the pack

Aquaban tablets are blue, circular, gastro-resistant, film-coated tablets. They are available in blister packs containing 30 tablets.

Marketing Authorisation Holder and Manufacturer



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