

FACT SHEET *PMS vs. PMDD*

Both happen before a period. PMDD is more severe and has specific diagnostic criteria.

THE MAIN DIFFERENCE	
PMS	PMDD
PMS means premenstrual symptoms that show up before a period and improve when the period begins.	PMDD is a severe premenstrual mood disorder that can seriously disrupt daily life.
Symptoms can be physical, emotional, or both.	Diagnosis depends on timing, symptoms, and how much they interfere with functioning.

WHEN PMDD USUALLY HAPPENS
PMDD symptoms usually begin after ovulation, get worse in the final week before the period, start to improve within a few days after bleeding begins, and are much better or gone in the week after the period.
That timing matters. If symptoms are severe all month, another condition may also be present.

COMMON PMDD SYMPTOMS	
EMOTIONAL SYMPTOMS	OTHER SYMPTOMS
• intense mood swings • strong irritability or anger • deep sadness or hopelessness • high anxiety or feeling on edge	• low interest in usual activities • trouble concentrating • fatigue • appetite changes or cravings • sleeping too much or too little • feeling overwhelmed or out of control • bloating, breast tenderness, headache, or muscle/joint pain

A good shortcut: PMDD is not just stronger symptoms. It is a clear monthly pattern plus serious impact on life.