

diet also contribute, he said. When severe, Dr. Thomas Riley, head of the PMS Medical Clinic of Southern California, says it can lead to violent, irrational behavior and crime. Many women suffer milder symptoms, however, that include depression, sustained irritability, emotional behavior and a craving for sweets, Riley said.

Recently the American Psychiatric Association listed a diagnosis for PMS in its Diagnostic Statistical Manual, officially recognizing it without stigmatizing sufferers as mentally ill.

Carol John, an adult nurse practitioner at the University Women's Clinic, attributes the growing interest and publicity surrounding PMS treatment to increasingly self-aware women seeking the best possible life.

"Women are looking for quality in their lives. They have more time, due to modern conveniences, to speak out for themselves and ask questions," John said.

Citing nutrition and lifestyle as major PMS intensifiers for college women, John begins treatment with diet adjustments, exercise and vitamin therapy.

Many women also need progesterone to adjust the ratio of estrogen to progesterone in their bodies, according to both Alberts and John. "For women under 25, up to half may benefit from birth control pills for treatment," John said.

The husband of one untreated PMS sufferer said, "She doesn't get moody, she gets really mean. She drives me and

everyone else away two days of every month when she gets PMS." Other women are successfully treated and find their lives and their families' congenial.

Alberts treats many cases using oral, natural progesterone and has a 90 percent success rate.

While no formal PMS support groups exist, Sacred Heart General Hospital offers literature and occasional seminars that help women battle PMS and the growing stress in their lives. The University Student Health Center provides advice and treatment for students.

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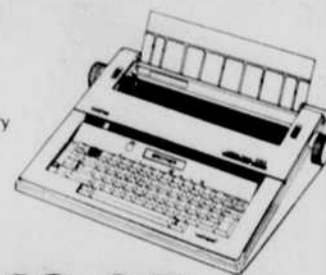


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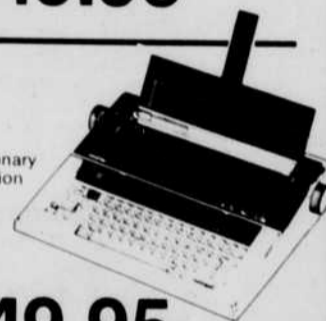


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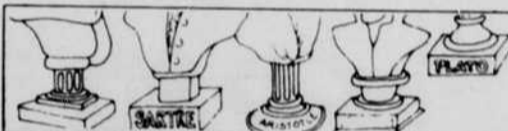


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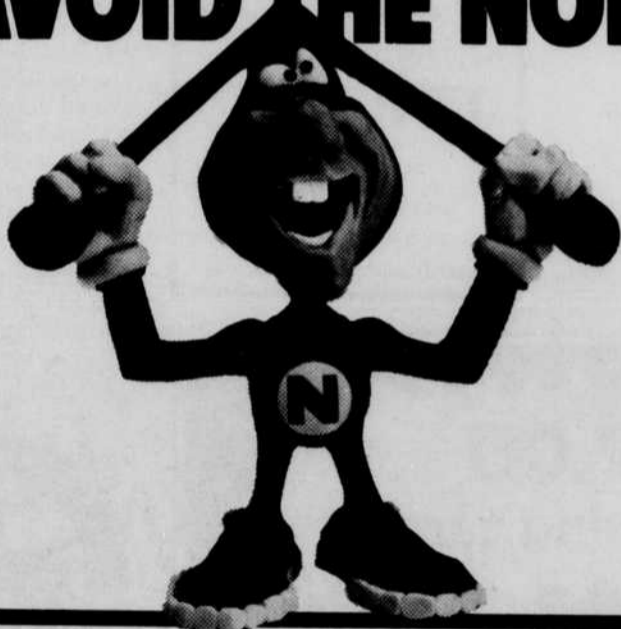
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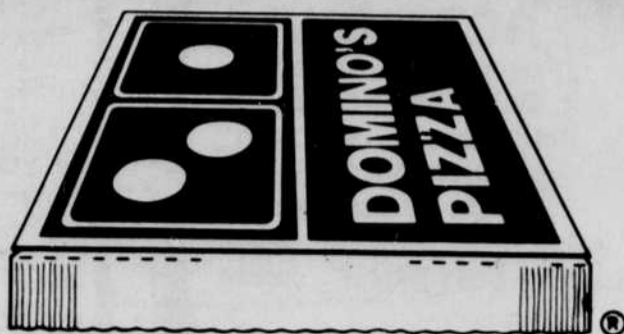


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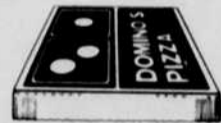
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