

DIFFERENTIAL DIAGNOSIS OF PMS

Health Conditions

Hallmark Symptoms

MAJOR DEPRESSIVE
DISORDER

Low mood, Low energy, Suicidal thoughts, Sleep issues

GENERALIZED ANXIETY
DISORDER

Palpitations, Feelings of fear

ENDOMETRIOSIS

Painful menstruation, Chronic pelvic pain, Fatigue, Anxiety, Depression

CHRONIC MEDICAL
CONDITIONS SUCH AS
DIABETES

Fatigue, Mood changes

EATING DISORDERS,
INCLUDING BULIMIA
OR ANOREXIA

Food aversions, Cravings, Abnormal eating habits

ANEMIA

Fatigue, Chest pain, Cold hands, Pale skin, Weakness

ORAL
CONTRACEPTIVE PILL
USE

Worsen or lessen PMS symptoms, Mood changes

PERSONALITY
DISORDERS

Impulsive and risky behavior, Fragile self-image, Mood swings

SUBSTANCE ABUSE
DISORDERS

Severe PMS symptoms, Inability to control the substance use

OVERACTIVE OR
UNDERACTIVE
THYROID DISEASE

Weight gain or loss, Fatigue, Hot or cold intolerance, Dry skin, Poor sleep, Arrhythmias

IRRITABLE BOWEL
SYNDROME (IBS)

Digestive problems such as diarrhea, constipation, or bloating

CHRONIC FATIGUE
SYNDROME

Fatigue lasts months; it worsens activity, and does not improve with rest

SUBSTANCE ABUSE
DISORDERS
PERIMENOPAUSE
RESULTS

Irregular menstruation, Hot flashes, Vaginal dryness

MASTALGIA

Breast tenderness and pain

REFERENCES:

1. Premenstrual Syndrome (PMS); American College of Obstetricians and Gynecologists
2. Premenstrual Dysphoric Disorder; National Center for Biotechnology Information