



## Cumbria Advisory Thyroid Service

### INFORMATION SHEET



### THYROID/P.M.S (*Pre Menstrual Syndrome*)

It has been found that a relationship does exist between the thyroid, the luteal phase syndrome and the menopause. Is it Chemical Imbalance or Hormonal Shifts? These are still being questioned by researchers on P.M.S. It is one of the least understood syndromes in medicine.

It is estimated that some women have an underlying chemical imbalance that predisposes them to suffer P.M.S. Thyroid hormones, cortisol and sex hormones modulate the amount of chemicals in the brain, and their effects on the body and mind. These same brain chemicals have been implicated in mood disorders. The interaction of hormones and chemicals could lead to the physical and emotional suffering experienced in the premenstrual syndrome.

As in thyroid diagnosis (symptoms versus blood test result), women find it very difficult to get an accurate diagnosis of P.M.S.

It is suggested that all possible P.M.S. sufferers take a TSH test and ensure that their symptoms are not being exacerbated by a thyroid condition. It has been noted when hypothyroidism has not been diagnosed and treatment commenced, a marked improvement of the symptoms of P.M.S. has taken place. In some cases, it has been noted, that by giving a large dosage of thyroxine, a marked alleviation of P.M.S. symptoms has taken place.

There is a definite link between the chemical imbalance of the brain and the actions of thyroid hormones – and is in the menopause – this link is proven.

If you are a new P.M.S. sufferer, an underactive or overactive thyroid may be cause of many of your symptoms.

If you have suffered from P.M.S. but your symptoms have recently worsened, and your menstrual periods have changed, have your doctor consider a thyroid imbalance.

If you are already suffering from a thyroid condition, check with your doctor and retest TSH and request for a slightly higher dosage over a short period – this may alleviate the P.M.S. symptoms – **(hypothyroidism only)**.

P.M.S. is essentially a brain chemistry disorder, and changes in hormones that regulate your brain chemistry appear to be important contributing factors. Keep in mind that thyroid hormone is a major player in brain chemistry.

In short, the well defined patten of women's monthly cycles is tightly regulated by messages from the hypothalamus and pituitary gland. The control of these messages by higher brain centres and counter effects of hormones on brain functioning are reminiscent of how the thyroid hormone system works. Even though the thyroid system and sex hormone system are two independent systems governed by the same "master gland", the pituitary, there are important relationships between the two.

***If you are suffering from P.M.S. it is strongly advised that you seek the best medical advice.***

- ***There are various bodies that can help also, and advocate such things as diets and Evening Primrose Oil, and it is worth trying to help yourself in this way. Research is still being done into this syndrome, but there is still a long way to go in helping each individual sufferer.***
- ***Remember also, that extra thyroxine may not be right for you, it is still not the answer for everyone.***
- ***Check at your surgery for details of specific self hep groups that may offer more support.***

## **C.A.T.S RECOMMENDS YOU ALWAYS SEEK YOUR DOCTORS ADVICE**

### **Disclaimer**

***The purpose of this information leaflet is to help those suffering with thyroid disease. Whilst every effort is made to provide accurate information, it is impossible to ensure that the information given is relevant to every individual. No responsibility is accepted by CATS and it is recommended and essential, that if in any doubt about your condition, that you should always contact your doctor, specialist physician or surgeon to seek medical advice.***