

# 생리전 증후군의 임상치료 지침

## Guidelines for Clinical Management of Premenstrual Syndrome

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### Abstract

Premenstrual syndrome(PMS) refers to a group of menstruation - related symptoms that impair daily activity and interpersonal relationship. The therapeutic modality for PMS consists of non - pharmacologic and pharmacologic treatment. Generally, after confirmation of PMS, a set of non - pharmacologic treatments is recommended before pharmacologic treatment. Patients can be benefited from non - pharmacological treatments such as patient education, cognitive therapy, behavioral therapy, and dietary supplementation. Pharmacologic therapy including psychotropic agents, diuretics, and prostaglandin inhibitors may be used, when PMS symptoms are not sufficiently improved after non - pharmacologic treatments, or when symptoms fit the diagnostic criteria of premenstrual dysphoric disorder(PMDD). When treatment fails, hormonal therapy to manipulate menstrual cycle may be considered, and several trials showed improvement of physical and mood symptoms.

**Keywords :** Premenstrual syndrome;  
Non - pharmacologic treatment;  
Pharmacologic treatment

핵심 용어 : ; ;

(Premenstrual Syndrome, PMS)

가

가

(Pre-

menstrual dysphoric disorder, PMDD)

PMS

PMS

가

40%

(1).

PMS

PMS

(2).

PMS

가

가

(3).

가

(affective disorder)

가가

PMS

PMS

PMS

가

PMS

가

가

PMS

(6 ~ 35%)

(4, 5)

PMS

PMDD

PMS

## 1. (Conservative Management)

1) 환자 교육 (Patient Education)

PMS

PMS

가

가

(3).

2) 지지 요법 (Supportive Care)

(relaxation therapy)

(cognitive

therapy)

가

(6, 7).

PMS

3) 행동 치료 (Behavioral Therapy)

PMS

(8, 9).

(Symptom Diary)

(1)

(placebo)

(3).

PMS

(2)

(Regular Sleeping Habit)

PMS

가

(3)

(Diet Restriction and Exercise)

400IU PMS (affective) (12). ,  
(somatic) 가 E  
Johanson(1995) 1 3 (American College of Obstetricians  
PMS & Gynecologists, ACOG) PMS 가  
(7).

## 2. (Diet Supplementation)

3) 칼슘  
typtophan ,  
가 (serotonin) 가 PMS 가 .  
(10). Thys - Jacobs(1998)  
1,200mg 3  
(A, E and B6), , / (48% vs 30%) (13).  
(evening primrose oil)  
4) 마그네슘  
2 200 ~ 400mg  
(14).

1) 비타민 B6  
B6  
B6  
B6 B6가 PMS PMS (15), meta - analysis  
(11), (16)  
가 .

(2)  
PMS PMS  
2) 비타민 A, 비타민 E 3  
A 가 , E .  
가 E 가 가

(psychotropic agents),

bupropion, tricyclic antidepressant,  
buspirone, lithium, beta blocker

### 1. (Psychotropic Agents)

PMS PMDD

(selective serotonin

reuptake inhibitor, SSRI)가

SSRI PMS

가 (17, 18),

SSRI PMS PMDD

(19).

SSRI (insomnia),  
(drowsiness), (fatigue), (nausea),  
(nervousness), (headache), (mild  
tremor), (sexual dysfunction)

fluoxetine 20mg sertraline

50mg

SSRI

fluoxetine 20mg(20) ser-  
traline 50mg (5) 14

14 . SSRI

가

Citalopram

(21).

Alprazolam(22) clomipramine(23)

(anxiolytic agent) 가

가 ,

### 2. (Diuretics)

Spironolactone

PMS

25 ~ 100mg

. Wang(1995)

14

1

3

spironolactone

PMS

(24).

### 3. (Prostaglandin Inhibitors)

가

mefenamic acid naproxen

mefenamic acid 가 PMS

(25) naproxen

(2)

가

### 4.

(Agents to Alter the Menstrual Cycle)

1)다나 졸(Danazol)

200mg

(26).

200mg 2

PMS

(43.8% vs 8.3%)

(27)

가

2) 생식샘자극호르몬 분비 호르몬 작용제  
(GnRH Agonist)

5) 경구 피임약

PMS

가 , 60~  
70% . 가

(33, 34)

spironolactone

PMS

(antimineralocorticoid)

Brown(1994) depot leuprolide

drospirenone 3.0mg

(Yas-

min) PMS , , ,

(food

(28), Sundstrom(1999)

craving) PMS

가

buserelin(100 µg)

(35).

가 (29).

6) 프로그스테론

add - back

PMS

, tibolone (30) 2mg estradiol

provera

valerate 5mg norethisterone (31) add - back

PMS

가

PMS

(36).

3) Tibolone

PMS

2.5mg

가

PMS

, tibolone

- endorphin

가

가

(32).

4) 에스트로겐

(2),

(ablation)

PMS

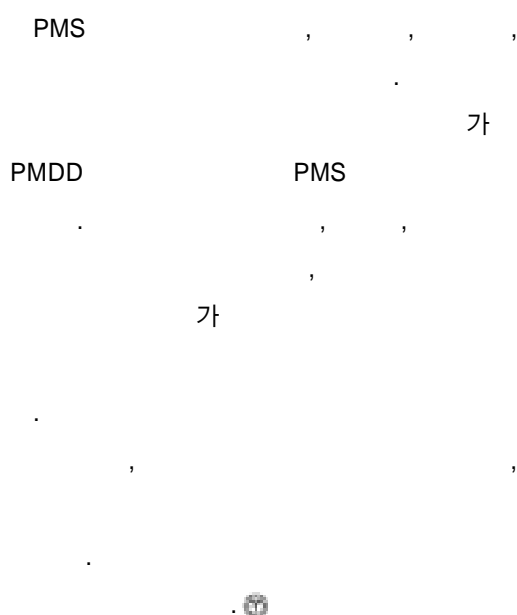
(2).

PMS

(3, 37).

가

가



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