

가 .

50% 가 .

(mood disorder)

(luteal phase) 가 .

가 .

3) ,

PMS 가 .

4) PMS .

가 가 .

(American Psychiatric Association, APA)

(premenstrual dysphoric disorder, PMDD) PMS .

APA National Institute of Mental Health(NIMH) 5

5 30% . NIMH APA 가 .

5% PMS 가 .

PMS

1) .

2) 가 가 .

가 1 4 PMS 가 .

(retrospective) 가 .

가	• (vitamin)
가	• (prolactin)
가	• (psychosomatic)
PMDD	PMS
가	가
(menstrual calender)	
3	PMS
가	PMS
가	1983
	PMS가
PMS	가
가	가
• (progesterone)	가
• (estrogen)	가
•	가
•	NIHM (anta-
• (aldosterone) 가	gonist) mifepristone(RU - 486)
• - (renin - angiotensin) 가	(human chorionic gonadotrophin, hCG)
• (adrenal) 가	(placebo)
• (endorphin)	가 PMS
•	PMS
• (catecholamine)	
• (prostaglandin)	

PMS

(Placebo Response)

10%

PMS

TRH

TSH

(follicu-

lar phase)

가

PMS

가

가

PMS

PMS

가

가

1931 Frank가 PMS

PMS가

1.

PMS

가

20

PMS

가 가

PMS

가

가

가

(psychophysiologic)

medroxyprogesterone acetate(MPA)

10~30mg

3

depo - MPA 150mg

(psychosocial) 가

가

가

PMS

GnRH agonist

, PMS

가

, 가

1. PMS PMDD

가

PMS

Serotonergic antidepressant	Anxiolytics	Ovulation suppression
Fluoxetine	Alprazolam	Estrogen/progestin
Sertraline	Buspirone	GnRH agonists
Citalopram		Danazol
Paroxetine		
Clomipramine		
Venlafaxine		

.

, 가

,

dros-

pirenone

가

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2. PMS

Not evidence based	Evidence based
<ul style="list-style-type: none"> Dietary modifications Restrict salt, caffeine, alcohol Moderate regular exercise Stress management Supportive therapy 	<ul style="list-style-type: none"> Calcium supplementation 1,200mg/day in divided doses L - Tryptophan 6g/day from ovulation to menses Cognitive behavioral therapy

2.

가

가

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가

spironolactone

, 6 ,

.

PG syn-

thase

Danazol 200mg

가

dana-

zol 가, , ,

1,200mg

Rospirenone spironolactone

3.0mg

48%

PMS

가

ethinyl estradiol 30 µg

drospirenone (antiandrogen)

3.

(antimineralocorticoid)

가 PMS

drospirenone

,

(sero-

tonin) GABA 가 PMS 가 . , , ,

PMS 가

(selective serotonin reuptake inhibitor,

SSRI) alprazolam

. Alprazolam benzodiazepine

가

PMS

75mg

가 .

alprazolam

가 가

SSRI

60~70%

. SSRI

fluoxetine sertraline

, ,

fluoxetine

PMS

가

가

가

가

가 가

. Vitamin B6

가

20mg

50~100mg

, vitamin E

400U

,

가

L - tryptophan

6g

vitamin

4.

가

,

(homeopathic remedy:

PMS

),

가

가

PMS

가

PMS

가 .

,



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Peer Reviewer Commentary

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