



## Most frequent symptoms of PMS

A combination or a monthly pattern of emotional, physical, and psychological symptoms occurring before a woman's monthly period is what we term premenstrual syndrome or PMSing.

**Most frequent symptoms of PMS**

- Anger
- Acne
- Breast tenderness
- Food cravings
- Fatigue

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Obstetrics and Gynaecology Services

To Consult with Dr Elsa  
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