

[IMAGE]

Women: One More Reason Not to Stress Out

Women, don't let this news stress you out, but a new study has found that stress can lead to increased pain during menstrual cycles.

The study, published in a recent issue of the *Journal of Occupational & Environmental Medicine*, tracked 388 young women, ages 20- to 34-years-old, through over 1,000 menstrual cycles. According to the study, approximately 44 percent of the participants noted having painful periods, which was characterized by at least two days of abdominal or low-back pain during a cycle.

Reseachers found that those women with high stress levels during the preceding month were 2.4 times as likely to have a painful period during the following cycle compared to their low stress counterparts. And women that reported having medium stress levels were 1.2 times as likely to have a painful period during the following cycle. The researchers suggested that women with painful menstrual cycles should try to reduce the stress in their lives.

If you are a woman that suffers from painful periods, ask your doctor of chiropractic to recommend a treatment plan. Routine chiropractic care not only helps with pain relief, but also facilitates stress relief.

Reference:

Wang L. *Occupational & Environmental Medicine*. Dec 2004;61: 1021-1026.

For more studies related to women's health, check out <http://www.chiroweb.com/find/archives/women>.

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/article.php?id=528&no_paginate=true&no_b=true