

[IMAGE]

Is PMS Bad for BP?

By Editorial Staff

Some women experience only mild symptoms of premenstrual syndrome during their monthly cycle, while others experience moderate to severe symptoms. For the latter group, high blood pressure down the road may be a dangerous side effect, according to recent research.

Researchers followed more than 1,250 women with moderate to severe PMS for 15 years (1991-2005) and nearly double that number with only severe PMS, following up with both groups until 2011 to determine whether significant PMS impacted high blood pressure over time. Women with moderate to severe PMS were 40 percent more likely to develop high BP compared to women with mild / no PMS symptoms, and the elevated risk did not dissipate when the researchers accounted for high blood pressure risk factors including weight, smoking, drinking, lack of exercise, family history of hypertension and other variables.

Is high blood pressure in your future? If you suffer moderate to severe PMS, you may want to get your BP checked regularly to ensure you're in the safe range; as well as engage in healthy behaviors such as moderate exercise, sound nutrition, etc., to reduce your risk of developing high blood pressure. Talk to your doctor to learn more.

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