

Quiz Page — An Overview of The Premenstrual Syndrome

1. The two phases of the menstrual cycle are known as

- a. luteal and follicular.
- b. early and late.
- c. pre-follicular and follicular.
- d. pre & post ovulation.

2. Progesterone levels

- a. remain the same throughout the menstrual cycle.
- b. increase in the luteal phase.
- c. increase in the follicular phase.
- d. are in constant change throughout the menstrual cycle.

3. PMS

- a. is associated primarily with the follicular phase of the menstrual cycle.
- b. occurs throughout the cycle.
- c. appears to be associated primarily with the luteal phase of the menstrual cycle.
- d. is directly associated with the beginning of menses.

4. PMS

- a. has an emotional component.
- b. has a physiological component.
- c. is characterized by symptoms that begin within 2 weeks prior to menses.
- d. all of the above

5. Which of the following is (are) true regarding PMS?

- a. It is estimated that 20% to 50% of women of reproductive age have symptoms.
- b. The onset of PMS is very rapid.
- c. The onset of symptoms is associated with menses.
- d. PMS has occurred only in the last decade.

6. Which of the following are somatic symptoms of PMS?

- a. anxiety
- b. breast tenderness
- c. alopecia
- d. general loss of control

7. Which of the following is the cause of PMS?

- a. hormonal imbalance
- b. alterations in blood sugar
- c. thyroid dysfunction
- d. The exact etiology of PM is still unclear

8. Which of the following has been used for treating PMS?

- a. vitamin C
- b. pyridoxine
- c. vitamin D
- d. all of the above

9. Which of the following is true regarding progesterone use in PMS?

- a. progesterone will cure PMS
- b. oral micronized progesterone therapy has never been useful in any patients with PMS
- c. rectal dosage formulations have not been well accepted and their absorption has not been consistent
- d. progesterone therapy must be started at the beginning of the cycle

10. Which of the following is a prolactin inhibitor?

- a. bromocriptine
- b. progesterone
- c. spironolactone
- d. pyridoxine

11. Which of the following has been useful in premenstrual mastalgia because of its antiestrogen effects?

- a. multiple vitamins
- b. progesterone
- c. tamoxifen
- d. estradiol

12. Which of the following drugs is a synthetic androgen used in endometriosis and also used in PMS for relief of breast pain and tenderness?

- a. multiple vitamins
- b. tamoxifen
- c. spironolactone
- d. none of the above

13. Alprazolam

- a. has been useful in a variety of symptoms in women with PMS.
- b. is administered throughout the cycle.
- c. produces no adverse effects.
- d. a & c

14. Which of the following diuretics have been used for severe bloating and edema in women with PMS?

- a. triamterene
- b. spironolactone
- c. pyridoxine
- d. naltrexone

15. PMS

- a. is a complex disease with both psychological and physical symptoms.
- b. is associated with the onset of menses.
- c. is cured with a variety of drugs from many classes.
- d. a & c

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