PMS Fact Sheet: Sources of information

Useful contacts

- The National Association for Premenstrual Syndrome: Offering information about the condition, details on conferences, and dietary information. Based in the UK. www.pms.org.uk
- NHS Choices: premenstrual syndrome - www.nhs.uk/conditions/premenstrual-syndrome

References


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• Tucci SA, Murphy LE, Boyland EJ, Halford JC. [Influence of premenstrual syndrome and oral contraceptive effects on food choice during the follicular and luteal phase of the menstrual cycle]. Endocrinol Nutr. 2009 Apr;56(4):170-5. Epub 2009 Jun 11.
