Deb's Page

PMS

Deb Gauldin, RN, PMS

DEB GAULDIN is a childbirth educator who performs songs and humorous tales ("Hormone Affirming Music and Humor for Women") about pregnancy, childbirth, and the adjustments to parenthood. She lives outside Chicago, Illinois.

Abstract

Sometimes, biting off a head can be just the right cure for PMS blues.

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Last year, there was a turkey in our home over the holidays that escaped harm. It was a lovely, 3-pound chocolate turkey tightly secured in decorative foil. Devoured upon arrival at any other time of the year, molded chocolate lacks appeal (even to a chocoholic) after a 29-course turkey dinner followed by pumpkin pie.

So it was again, that the annual hostess gift presented by Great-aunt Deckie would serve as the Thanksgiving table centerpiece and stand intact well into the new year. Last year would have been no exception were it not for a moment of sheer desperation, precipitated by an unusually bad case of PMS.

It was a dark and stormy winter afternoon. I had been premenstrual for at least 96 hours. I was bloated, cranky, weepy, and generally feeling sorry for myself. I was particularly stressed because my husband was away in London on business. The children had been especially demanding and were finally down for a nap.

"Okay," I thought. "What do I tell my clients about self-care?" I struggled into some exercise clothes. I recalled those commercials claiming a little physical exertion decreased the symptoms of PMS. I groaned. Never mind. Next, I prepared some herbal tea and sat down to complete a journal entry and add an item to my daily "grateful list."

"HMMMMM," I thought. "Something good about myself or my day. Let's see. I almost did one sit-up. There must be something. . . . Oh, yes!" I pathetically scribbled the sentence, *I'm usually nice to small animals*.

The phone rang. It was my husband enthusiastically describing his evening dining at an authentic Olde English pub. I glanced at the leftover SpaghettiOs® cemented to the tray and one leg of the high chair. A Currier & Ives scene came to mind as I wistfully envisioned the peaceful English countryside.

That was it. I feared I was going over the edge. I

reached into the cupboard, groped for Turkey-Lurkey, and, in one swift move, ate off the entire head! Sniffing and sputtering bits of foil, I hung up on my bewildered husband and headed to my room for a good cry followed by my own nap.

Later, I tossed the rest of the turkey into the trash, paused, and—on second thought—retrieved it. Smoothing the wrapper around its little neck, I held it toward the light and pronounced that the headless foil turkey forever serve as the international symbol for PMS. Especially in England!

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Access to the Cochrane Library will only be available to members of OBGYN.net's new Gold Services, a resource that is free for medical professionals who register online. The Cochrane Library is an electronic publication designed to supply high-quality, evidence-based medicine to inform professionals who provide medical care as well as those responsible for research, teaching, funding, and administration at all levels. Registering with OBGYN.net's Gold Services is simple and cost-free. Once registered, visitors will immediately gain access to the Cochrane Library and many other services.

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