

## **Premenstrual Dysphoric Disorder (PMDD)**

“This Council recognises that April is PMDD Awareness Month. PMDD stands for Premenstrual Dysphoric Disorder, which is an endocrine disorder and is the abnormal reaction to fluctuations in hormones.

This Council notes that PMDD affects 1 in 20 women and those assigned female at birth and has serious impacts on their mental and physical health. Symptoms can be emotional, physical and psychological including mood swings, fatigue, pain and suicidal ideations, and can affect those with the conditions for up to two weeks of every month. 34% of those with the condition have attempted to take their own life, yet despite how serious the condition can be there is a lack of training and awareness of the condition throughout GPs and medical practitioners. It can take twelve years to get a diagnosis and it can often be misdiagnosed and therefore mistreated as bipolar disorder.

This Council will write to the Department of Health to ask them what training and awareness campaigns they provide for medical practitioners of the symptoms of PMDD and will also write to the Public Health Agency to ask them to launch a public campaign to highlight the condition and how to track the symptoms.

This Council will work with the PMDD Project to hold workshops for councillors and all council staff to provide more awareness and information of how to get help for the condition.”

**Proposer:** Councillor Groogan

**Seconder:** Councillor Maghie