

DYSMENORRHEA

Meaning: Dysmenorrhea is the medical term for painful menstruation, characterized by severe cramps and discomfort during the menstrual cycle.

1. Dysmenorrhea can significantly impact a woman's quality of life during her menstrual cycle.
2. Many women seek medical advice to manage their dysmenorrhea symptoms effectively.
3. Over-the-counter pain relievers are often recommended for the management of dysmenorrhea.
4. Severe dysmenorrhea may be a sign of underlying conditions such as endometriosis.
5. Lifestyle changes, including exercise and diet, can help alleviate dysmenorrhea symptoms for some women.

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