

Is Your PMS OUT OF CONTROL?

Do you stay stable or morph into a monster right before your period? Take this quiz and diagnose the damage!

Your best friend jokes that your tweed blazer makes you look like a librarian.

You:

- a. shrug it off—if you like it, who cares what she thinks?
- b. mutter, "At least it's better than your cheesy cardigan."
- c. burst into tears.

Do you get cramps?

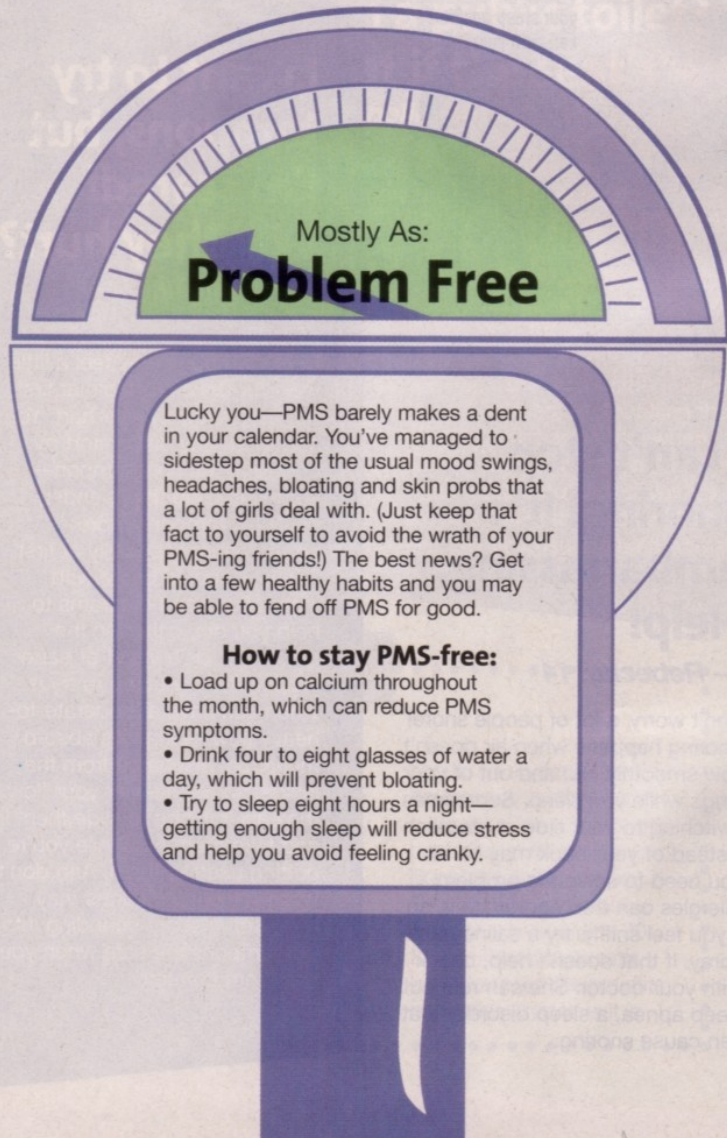
- a. Sometimes, but you can deal with them.
- b. Yes, but they're only bad for a day or two.
- c. Hell yeah—you've skipped school to spend quality time with a hot water bottle.

Snack attack! You raid the kitchen and settle on:

- a. a handful of pretzels or a cup of yogurt.
- b. a pint of Ben & Jerry's.
- c. nachos and salsa, a hot fudge sundae and a bag of Doritos.

Your favorite jeans feel:

- a. fine.
- b. kinda tight.
- c. like they belong to your little sister.



Your boyfriend asks if he can skip your date this weekend—his best bud scored courtside tickets to a college basketball game. You:

- a. let him go, but make him promise you're on for next weekend.
- b. give him the cold shoulder.
- c. dump him on the spot.

You get PMS headaches:

- a. only if you're super-stressed that week.
- b. every few months.
- c. every month—and we're talking about serious bring-on-the-ibuprofen headaches.

The winter social is a few days before your period.

You pretty much know:

- a. you're packing a tampon, just in case.
- b. you'd better not buy a super-tight dress, in case you're bloated.
- c. you're not going. You'll be crampy, cranky and broken-out—what's the point?

You make a bitchy comment to a friend, who asks if it's that time of the month. You say:

- a. "Um, yeah. Sorry."
- b. "None of your business!"
- c. Nothing. You're never speaking to her again.

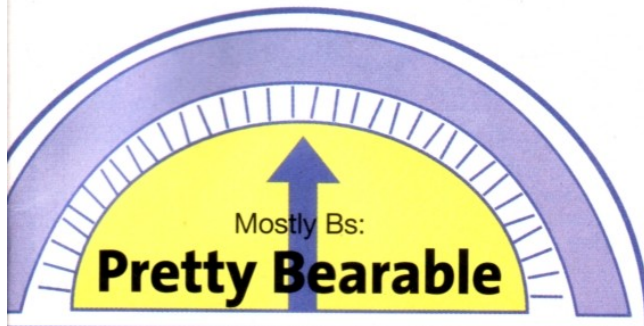
You're feeling PMS-y, so you were planning to curl up and watch a movie.

When your mom asks if you'll babysit your little sister for an hour, you:

- a. agree. You'll watch the movie later.
- b. opt for a PG flick so your sis can watch with you.
- c. accuse your mom of trying to ruin your life.

When you're PMS-ing, your friends would most likely compare you to:

- a. sweet-natured Kelly Clarkson.
- b. semi-diva Christina Aguilera.
- c. psycho Courtney Love.



You definitely experience some of the usual symptoms—you've had the occasional migraine, mood swing or midnight snack attack. But for the most part, PMS doesn't put you out of commission. So far you've been able to deal with the aches and pains, and you can usually keep your mood in check. But when you're feeling extra PMS-y, here's how to keep it under control.

How to soothe mild PMS symptoms:

- Cut back on sodium to reduce bloating.
- Pop an ibuprofen if you start to feel cramps coming on.
- Keep track of your cycle—if you know when you usually get migraines, for example, you can take a pain reliever the day before to help prevent it.



When it's that time of the month, you may feel like your bod is rebelling against you. Experts say about five to 10 percent of girls suffer from severe PMS—the kind that leaves you down for the count with debilitating cramps, migraines, bloating, breast tenderness and irritability. Ugh! But even though there's no magic cure for PMS, if you've got it bad, there are a few tricks that can help you deal.

How to stop out-of-control PMS:

- Cut back on caffeine, which may cause painful symptoms like breast tenderness.
- To bust a bad mood, take a walk. Exercise releases feel-good hormones.
- Talk to a doctor—some docs prescribe birth control, which reduces PMS by keeping hormones in check.