

Menstrual Cramp Explained

Contributed by Webmaster
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There are many health problems associated being a woman and it can often feel as if they are destined to suffer various pains for their entire lives. Many women who're unluckily enough to have irregular periods can still have menstrual cramps to deal with as well. The condition of endometriosis (which affects 1 in 10 women) can also increase the pain a woman will feel during this time. Some sail through the day with minor discomfort, while others are doubled over in pain and don't feel like getting out of bed that morning for anything.

The problem is getting a menstrual cramp relief remedy that you can guarantee will work every month. Often the easiest way to help stop this is complaint to just take a pain relief tablet. Pamprin is probably the best known of these, probably because it is marketed purely towards sufferers of this condition. Some women prefer to accept the pain every cycle rather than take any form of pain relief but are they doing themselves any good with this attitude?

After all, if your stomach cramps are getting you down every month then what do you have to lose? What's worse is that you may have more than just the cramps to contend with, you may experience a bloated feeling and nausea too. After some time of enduring these pains I realized that I was only hurting myself and looked into other menstrual cramp relief remedies. Of course when the complaint is irregular it can be even more annoying because there were some cycles where I felt almost no discomfort at all!

I have tried all sorts including quite recently a heat pad which seems to work but I do have to vary where I position it for it to be effective. You may not have tried this for your problem before but it is well worth giving it a go particularly if you haven't had any success with pills. Whilst these ideas may be ok for some women, others that have regular painful menstrual cramps each month may need to do something more permanent. This is especially true if you find that you sometimes have to miss work because they are so bad which doesn't help your attendance record if it's a regular occurrence.

To stop the situation worsening you should speak to your physician to see what menstrual cramp relief solution he can come up with. They may have options you have not considered, so if you aren't currently on the Pill, this may be something you want to try because for many women, being on the Pill reduces or even eliminates their cramps. Obviously this would be a stupid option if you are trying for a baby but there will be other remedies your doctor can prescribe to help the cramp you feel each cycle. Whatever methods you do eventually try good luck in your search.