

***New SOGC Guideline outlines simple treatments for many period pains***

**Ottawa – June 26<sup>th</sup>, 2017** - The Society of Obstetricians and Gynaecologists of Canada (SOGC) has published a new clinical guideline to assist physicians in the treatment of primary dysmenorrhea - a common menstrual pain disorder that affects millions of women around the world.

Primary dysmenorrhea is defined as pain that occurs before and/or during a period - with no underlying pelvic pathology such as endometriosis. The disorder accounts for significant time lost from work, school and other activities, yet it is often under-treated in women of all ages. Many women consider the pain associated with their period - even if it is severe and incapacitating - as normal and do not seek medical assistance.

The [Primary Dysmenorrhea Consensus Guideline](#), which appears on the Journal of Obstetrics and Gynaecology Canada (JOGC) website at [www.jogc.com](http://www.jogc.com), outlines simple, effective therapies for physicians to use that are also widely available. This guideline revises and updates the original guideline released in December 2005.

The guidelines recommend that all women with dysmenorrhea, in consultation with their physicians, consider regular non-steroidal anti-inflammatory drugs (NSAIDs), regular exercise and local application of heated pads. Continuous or extended use of combined hormonal contraceptives is also highly effective in reducing the suffering caused by primary dysmenorrhea.

In women who have heavy menstrual bleeding, the guideline recommends inserting a levonorgestrel IUS or performing an endometrial ablation to reduce dysmenorrhea while reducing menstrual blood flow.

The SOGC urges women to consult their physicians for more information and treatment.

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**About The Society of Obstetricians and Gynaecologists of Canada**

The SOGC is one of Canada's oldest national specialty organizations. Established in 1944, the Society's mission is to promote excellence in the practice of obstetrics and gynaecology and to advance the health of women through leadership, advocacy, collaboration and education. The SOGC represents obstetricians/gynaecologists, family physicians, nurses, midwives and allied health professionals working in the field of sexual reproductive health. For more information, please visit [www.sogc.org](http://www.sogc.org)