



Coping with PMT: Premenstrual symptoms and how to deal with them

Jim Dornan

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When thirty-six-year-old working mum Penny came to see gynaecologist Jim Dornan about her premenstrual symptoms, she was at the end of her tether. In *Coping with PMT*, Jim discusses the physical effects of modern family planning, the contraceptive pill and hormone therapy, and you'll discover how Jim helped Penny to overcome her problems and transform her life.

This story was originally published as 'It's my hormones, doctor' in Jim Dornan's bestselling book *An Everyday Miracle: Delivering Babies, Caring for Women*.

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