

# Girls' Days

Many women experience problems connected with menstruation. The **scientific term** for the associated pain is **dysmenorrhoea**. One very **common** disorder is pre-menstrual tension, also called pre-menstrual syndrome or simply PMT or PMS **respectively**.

**T**here are many psychological problems associated with PMS/PMT. The typical ones are: irritability, **mood swings**, being **short-tempered**, crying for no reason, aggression, poor concentration and **tiredness**. Anyone who experiences **debilitating** symptoms before, during and after menstruation should think of consulting a gynaecologist. In some cases, a change of lifestyle such as giving up smoking or eating a healthy diet may help. A large variety of OTC-products are available for **alleviating** menstrual problems.

Young female pharmacy customer:  
Hi, do you speak English?

**PTA:** Hello. Yes, I do. What can I do for you?

Is there somewhere a little more private?

**Of course, we have a little back office over here that we can use. Please follow me. So, how can I help you?**

I have really bad **tummy** cramps and backache!

**Where do you have the cramps and the pain?**

I have them in my **lower abdomen** and in my lower back.

**Oh, now I understand. You need something for your period. Is that correct?**

Exactly! You see I moved here a couple of weeks back to start my university course. It's been very stressful!

**Stress is known to have an effect on your period. Are the cramps and pain the same as usual, or, are they worse?**

They seem a little worse than usual. I guess it really is the stress. I texted my mom and she said I should go to a drugstore to ask for some advice. The drugstores here are so different to home! They don't even sell ASS!

**Yes, it's because it's only available at the pharmacy in Germany. Now I'll go and get some products that can help you. This is ibuprofen, for the pain. This is chamomile tea, which will ease**

**the stomach cramps. Here is our bestseller medicine for stomach cramps. And this is magnesium. Magnesium! Why should I take magnesium?**

**Apparently, one of the main causes of cramping in general is a lack of magnesium in the diet. Caffeine and nicotine can also negatively affect magnesium levels in the body.**

What kinds of foods have magnesium in them?

**Green vegetables such as spinach contain high levels.**

I love spinach! I don't smoke but I have been drinking quite a lot of coffee here! The coffee is just so good!

**Do you have a hot-water bottle? Warmth can help ease stomach cramps.**

No, I don't. Do you know where I can buy one?

**Yes, here at the pharmacy!**

Oh, Really? Wow!

**Here are your purchases. Do you need a carrier bag?**

No, thank you, I have one here. My German friends convinced me to be environmentally friendly.

**Good idea. Here you are.**

Thank you so much! I'm so glad I came here. Bye, and have a nice day!

**You're welcome. You too, goodbye!**

*Catherine Croghan,  
Lecturer in English and native speaker*

## VOCABULARY

scientific term	wissenschaftlicher Begriff
dysmenorrhoea	Dysmenorrhö
common	verbreitet
or...or...respectively	beziehungsweise
mood swings	Stimmungsschwankungen
short-tempered	aufbrausend
tiredness	Müdigkeit
debilitating	(hier) belastend
alleviating	lindern
tummy (coll.)	Bauch (ugs.)
lower abdomen	Unterleib
apparently	anscheinend
a lack of	Mangel an

