



inc. **PROUD**
GIRLS



There is no greater reward than helping people to help themselves!
www.healinghunny.com



hang**PROUD**TM
love me. live free.

[story](#) [PROUDgirlsTM](#) [PROUDwomen](#) [workshops](#) [parties](#) [articles](#) [shop](#)

[print](#) [email](#)

The PMS Woes of Joes

by Brittany Taylor

June 7, 2007

"Male PMS."

Those are the words I found typed into the search box of my boyfriend's computer. Seriously. His defense was that a friend told him that guys have hormone shifts just like women do when we're premenstrual, so of course he had to google it. So, you know, in a stereotypically contrary fashion, I had to google it too.

The whole male PMS thing started in Scotland, where Dr. Gerald Lincoln studied hormone changes in male rams and observed that when testosterone levels dropped, they became more irritable. Lincoln coined the term "Irritable Male Syndrome" (IMS for short), but it was Jed Diamond, an American psychotherapist, who bridged the gap between sheep and humans. Long story short, Diamond and his colleagues conducted extensive international surveys of males ranging from adolescents to seniors, and basically have found that a lot of males are irritable. All I can say is that I could have

SIGN UP NOW!

BECOME A PROUDgirl!

featured item



told you that and probably saved you some money, too.

I freely admit that I'm more than a little biased. After all, I'm a woman who has to deal with real live PMS a dozen times a year. I'll be the first to say that there is a major difference between my premenstrual self and my occasionally irritable, non-premenstrual self. PMS me is a raging bundle of mood swings wrapped up in caution tape. Irritable me is either hungry, tired, or mad about something. And you know what? I deal with it. Changes in mood happen—sure, they can be tied to hormonal changes, I certainly don't deny that—but do they all have to be diagnosed and treated as some new-fangled disorder? No!

My biggest problem with the "Male PMS" debacle is that men are being told their irritability is a disorder that requires treatment (Diamond suggest therapy in the Newsweek article cited below) while women, in my experience, just deal with their PMS and move on. Hormonal shifts in women precede *bleeding* while the shifts that are being established as equivalents in males just make them crabby! Call me crazy, but I think there's a difference there. I'm certainly not an expert in endocrinology, but it's my belief that blood outweighs crabbiness on a scale of severity.

Personally, I think women have a reason to be angry before their period, all hormones aside. Just think about what we have to look forward to: the anxiety proceeding Flo's typically untimely arrival, the week of constantly making sure that you've got more than enough tampons and pads shoved into the deepest pocket of your purse, and those moments when you just forget to prepare and have to go soliciting feminine hygiene products from friends, coworkers, and the occasional stranger (Talk about an awkward conversation!). And then there are the cravings for the unhealthiest foods you can think of (So much for bathing suit season, right?), the cramps, the lower back pain, the fatigue, and the inability to find a comfortable position, particularly when you're trying to go to sleep. There's waking up to a flood, having to sit through a lecture when you really need to go, worrying about whether you can flush a tampon in a 19th century house with outdated plumbing, staining your favorite pair of underwear, and ruining the khakis that fit you perfectly. Oh, and don't forget about making it seem like everything is A-okay because heaven forbid a guy discovers your secret and gets grossed out, right?

tell us why you're a
PROUDgirl



Here's my bottom line: guys can't have PMS that's anything like girl PMS, anatomically speaking—and emotionally speaking, they just couldn't handle it.

If you're desperate for more information regarding male PMS (aka Irritable Male Syndrome), check out the following sites that I gleaned some of my own information from:

- "[Many Angry Men](#)," written by Jennifer Barrett and featured as a web exclusive for Newsweek's Healthbeat.
- "[Moody Men Blame Their Hormones](#)," published on the BBC Health website.
- Jed Diamond's website, entitled "[The Irritable Male Syndrome](#)," offers a quiz and information on his best-selling book of the same title. Check out that site [here](#) and also look at a related men's health website that will give you some more information on IMS [here](#).

[Home](#) | [Terms](#) | [PROUDgirl Safety](#) | [Shipping Policy](#) | [Return Policy](#) | [Contact](#)

Proud Girls, Inc.

PO Box 358 | St. James, NY 11780 | United States

© copyright 2008