

Many women not seeking care for dysmenorrhea

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(HealthDay)—Health care providers should offer routine screening for

dysmenorrhea, and initiate discussions and provide education about dysmenorrhea and treatment options, according to a study published online July 5 in the *Journal of Clinical Nursing*.

Noting that few women seek health care for [dysmenorrhea](#), although it is highly prevalent and can cause significant disruptions in daily life, Chen X. Chen, Ph.D., R.N., from the Indiana University School of Nursing in Indianapolis, and colleagues examined the reasons why women do not seek health care for dysmenorrhea symptoms. Text responses were analyzed using qualitative content analysis for 509 women who responded to an online survey study.

The researchers identified nine categories of reasons, which included assuming symptoms were normal, considering symptoms tolerable, preferring self-management, having limited resources, and thinking providers would not offer help. In addition, women reported being unaware of [treatment options](#) and being wary of available therapies. Furthermore, women expressed feeling embarrassed or afraid to seek care, as well as a disinclination to seek [health care](#) in general.

"Findings can guide the development of strategies to promote care seeking and inform policy and clinical practice to improve dysmenorrhea management," the authors write.

More information: [Abstract](#)
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