



# FTWW

Fair Treatment for  
the Women of  
Wales

## Premenstrual Dysphoric Disorder (PMDD) is a key campaign for FTWW

### Why is it important?

- PMDD is a hormone-based mood disorder that affects women, girls and people who have periods
- PMDD is thought to affect 1 in 20 women in Wales
- PMDD symptoms can seriously affect quality of life
- The impact of PMDD is often under-estimated or misunderstood
- Lack of awareness can delay diagnosis and access to joined-up healthcare.

### What are we doing about it?

- We raise awareness of the impact of PMDD
- We ensure accurate information about PMDD is widely available
- We aim to tackle the taboos that surround menstrual and mental health
- We encourage more investment in Wales in training and research on PMDD
- We ensured that PMDD and menstrual health features in the 10-year Women's Health Plan for Wales.

**FTWW is the only patient-led charity in Wales dedicated solely to women's health equality. We support women and people assigned female at birth, including non-binary, trans, and intersex people.**

Find out more about FTWW  
Website: [www.ftww.org.uk](http://www.ftww.org.uk)

Search for FTWW  
Wales on social:





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Triniaeth Deg  
i Fenywod  
Cymru

## Mae Anhwylder Dysfforig Cyn Mislifol (PMDD) yn ymgyrch allweddol i FTWW

### Pam ei fod yn bwysig?

- Mae PMDD yn anhwylder hwyliau sy'n seiliedig ar hormonau ac mae'n effeithio ar fenywod, merched a phobl sy'n cael mislif
- Credir bod PMDD yn effeithio ar 1 fenyw o bob 20 yng Nghymru
- Gall symptomau PMDD gael effaith ddifrifol ar ansawdd bywyd
- Mae effaith PMDD yn aml yn cael ei danbrizio neu ei gamddeall
- Gall diffyg ymwybyddiaeth oedi diagnosis a mynediad at ofal iechyd cydgysylltiedig.

### Beth ydyn ni'n ei wneud?

- Rydyn ni'n codi ymwybyddiaeth o effaith PMDD
- Rydyn ni'n sicrhau bod gwybodaeth gywir am PMDD ar gael yn eang
- Ein nod yw mynd i'r afael â'r tabwau sy'n amgylchynu iechyd mislif ac iechyd meddwl
- Rydyn ni'n annog mwy o fuddsoddi yng Nghymru mewn hyfforddiant ac ymchwil ar PMDD
- Fe wnaethon ni sicrhau bod PMDD ac iechyd mislif yn ymddangos yn y Cynllun 10 Mlynedd Iechyd Menywod Cymru.

**FTWW yw'r unig elusen sy'n cael ei harwain gan gleifion yng Nghymru sy'n canolbwyntio'n llwyr ar iechyd a chydaddoldeb menywod. Rydym yn cefnogi menywod a phobl a ddynodwyd yn fenywod adeg eu geni, gan gynnwys pobl anneuaidd, traws a rhyngrywiol.**

Rhagor o wybodaeth:  
Gwefan: [www.ftww.org.uk](http://www.ftww.org.uk)

Chwiliwch am  
FTWW Wales:

