

MENOPAUSE, PERIMENOPAUSE AND ADHD



Flourishing Women LLC
Coaching Community and Courses for ADHD Women

What is Menopause?

Menopause is a natural process that marks the end of a woman's reproductive years and typically occurs between the ages of 40 and 60. It is the moment you have gone 12 months without a period.

When will you go through Menopause?

Women start and complete the menopause process at different ages. The average age of menopause is 51, but it can occur earlier or later. Factors such as smoking, autoimmune problems, and certain medical conditions can cause menopause to occur earlier, while irregular menstrual cycles, socioeconomic status, and giving birth before age 25 can delay it.

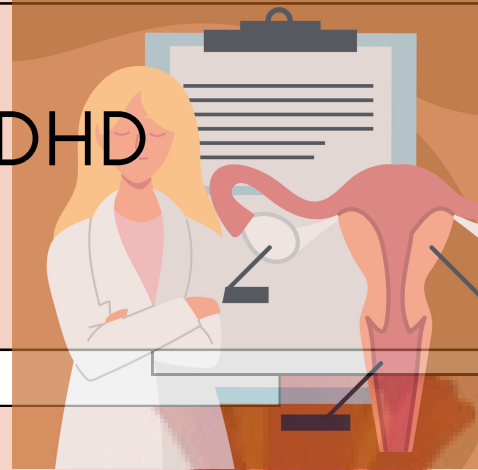
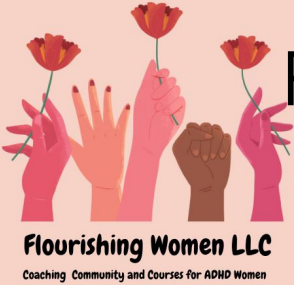
What is Perimenopause?

Perimenopause is the time leading up to menopause and can last for several years, with some women experiencing symptoms for up to 10 years. During this time, the ovaries slow down estrogen production, causing changes in the menstrual cycle and other symptoms such as hot flashes, mood changes, and sleep problems. Women with ADHD may experience more severe symptoms during perimenopause due to hormonal changes that affect dopamine, which is related to ADHD symptoms.

Functioning during Menopause and Perimenopause?

Research suggests that menopause can affect a woman's executive functioning, which includes the ability to focus, plan, and organize. Hormonal changes during menopause may contribute to difficulties with memory, attention, and decision-making.

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Surgical Menopause and Natural Menopause

Surgical menopause occurs after a surgery that removes the ovaries, which are the main source of estrogen production in the female body. Women who undergo surgical menopause may experience more severe menopausal symptoms than those who experience natural menopause.

Hormone replacement therapy (HRT) may be an option for women with surgical menopause to alleviate their symptoms, but it is important to discuss the risks and benefits with their healthcare provider.

Hysterectomy and Menopause

A hysterectomy is a surgical procedure to remove a woman's uterus. If the ovaries are also removed during the procedure, it can cause immediate menopause. However, if the ovaries are left intact, menopause will occur naturally when the ovaries stop producing hormones.

Chemotherapy and Menopause

Chemotherapy and radiation therapy are cancer treatments that can induce menopause, causing symptoms such as hot flashes.. The halt to menstruation (and fertility) is not always permanent. This can impact your adhd symptoms.

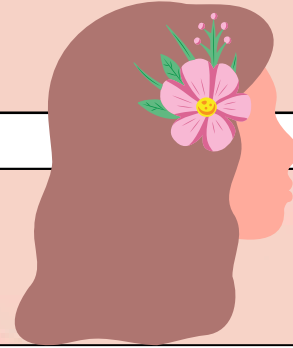
Factors Affecting Menopause Age

In addition to smoking and autoimmune problems, other factors that may affect menopause age include genetics, nutrition, and environmental factors. A vegetarian diet, high intake of fat and cholesterol, and short menstrual cycles may accelerate menopause, while moderate alcohol consumption may delay it.

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Implications for Women with ADHD

Women with ADHD usually experience more severe menopausal symptoms and cognitive difficulties during menopause and perimenopause. Many undiagnosed women are diagnosed at this time.

Hormone replacement therapy (HRT) and adjustments to stimulant medications may be helpful for women with ADHD during menopause.

In fact, research has even shown that women who don't have ADHD but take stimulants have improved menopausal symptoms. It is important for women with ADHD to work with their healthcare provider to find the best treatment plan for their individual needs.

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