

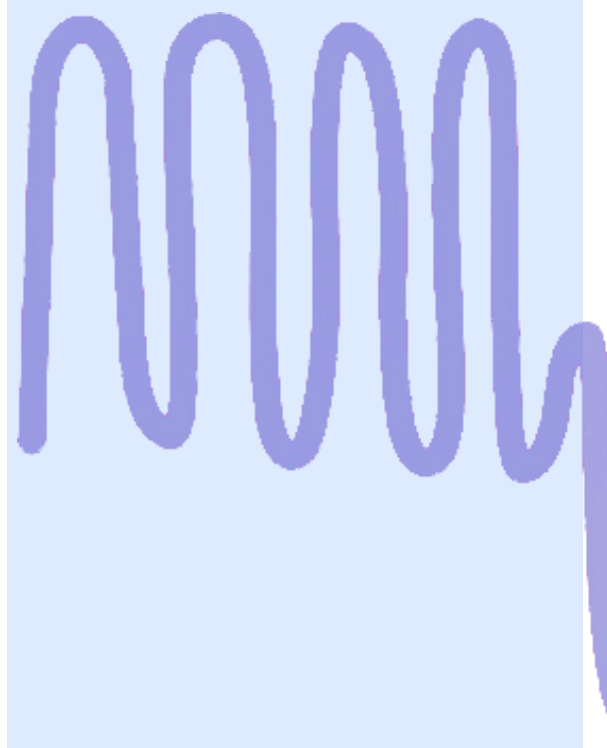


MENOPAUSE MAP: WHERE AM I?



WWW.PAPERFLOWERINSTITUTE.COM

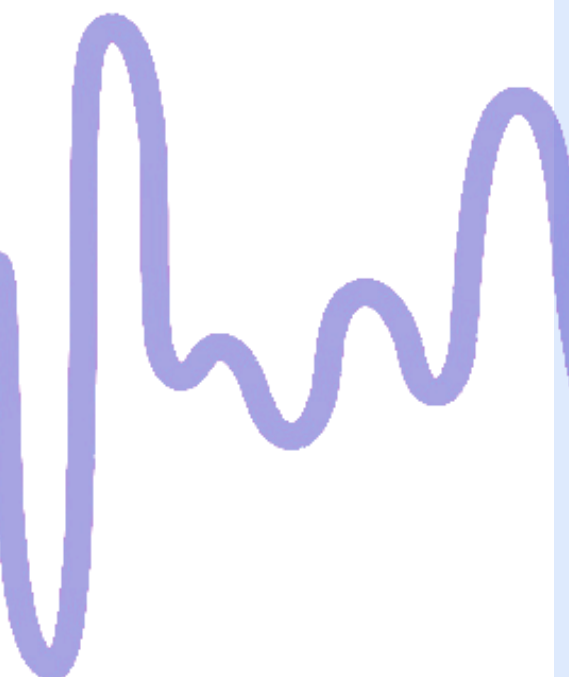
LATE REPRODUCTIVE PHASE



Periods may still be regular, but subtle changes can start to appear, such as:

- Shorter cycle length
- Changes in flow or duration
- Worsening PMS symptoms
- Memory changes (in almost all cases this is not dementia)

EARLY PERIMENOPAUSE



Defined by:

- Cycle length varying by 7 or more days
- New or additional symptoms beginning
- A phase length that can vary from person to person

LATE PERIMENOPAUSE

Defined by:

- 12 months or more without a period

FINAL PERIOD
MENOPAUSE

EARLY MENOPAUSE

5 to 8 years after last period

Defined by:

- Having 2 or more months between periods
- This phase usually lasting about 1 to 3 years

LATE MENOPAUSE

Rest of life

Oestrogen levels drop and stay low

Symptoms related to hormone fluctuation may stabilise.

Symptoms related to low oestrogen can develop or progress, such as vaginal dryness, needing to wee more often, and similar changes.

HOT FLUSHES AND NIGHT SWEATS MOST LIKELY



HOW HORMONE PHASES AFFECT ADHD SYMPTOMS



EARLY FOLLICULAR

(LOW ESTROGEN, LOW PROGESTERONE)



- MORE FATIGUE
- LOWER DOPAMINE DRIVE
- MOOD DIPS

LATE FOLLICULAR

(ESTROGEN RISING)



- IMPROVED FOCUS
- BETTER VERBAL FLUENCY
- HIGHER ENERGY

OVULATION

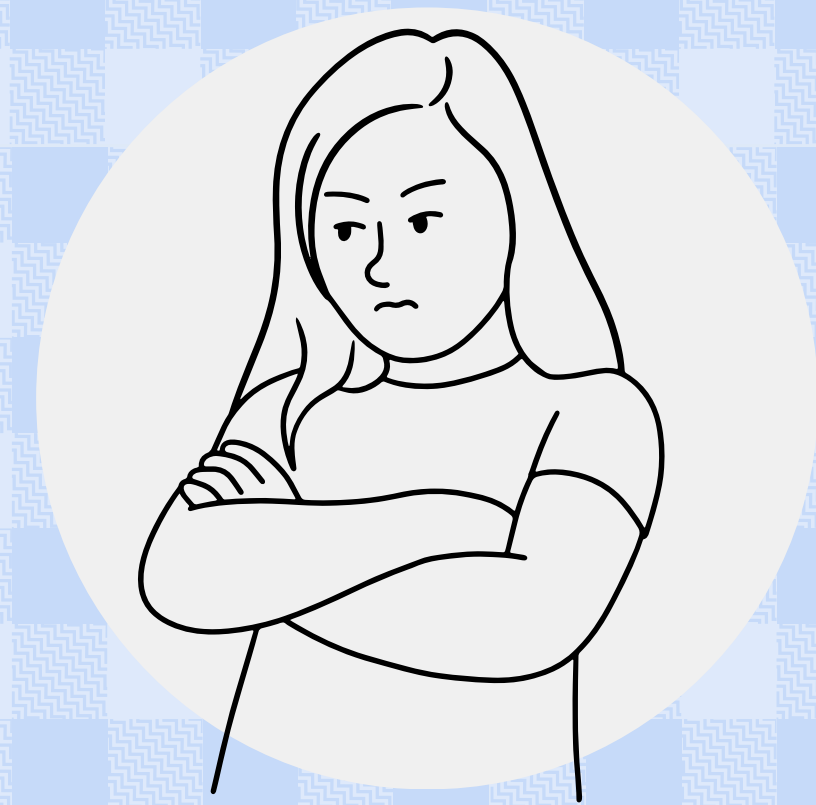
(ESTROGEN PEAK)



- BEST WORKING MEMORY
- MOTIVATION SURGE
- "I COULD RUN A SMALL COUNTRY TODAY" ENERGY

LUTEAL PHASE

(PROGESTERONE HIGH, ESTROGEN DROPPING)

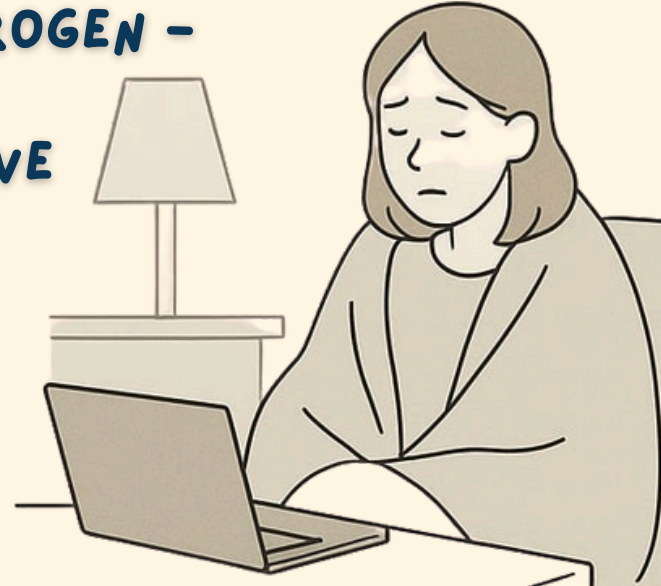


- MORE DISTRACTIBILITY
- EMOTIONAL REACTIVITY INCREASES
- STIMULANTS MAY FEEL WEAKER
- PMS/PMDD WORSENING FOR SOME

ADHD LIVED EXPERIENCE: PHASES OF THE MONTH

WEEK
1

- LOW ESTROGEN -
FATIGUE AND
REDUCED DRIVE



OVULATION

- PEAK ESTROGEN
- PEAK COGNITIVE
FUNCTION



WEEK
2

- RISING ESTROGEN -
HIGHER FOCUS



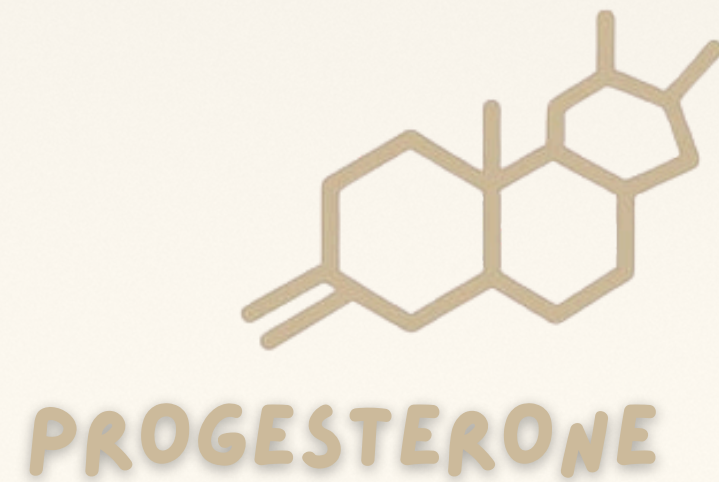
LATE
LUTEAL

- DROPPING ESTROGEN
- HIGH PROGESTERONE
- EMOTIONAL
SENSITIVITY
AND BRAIN FOG

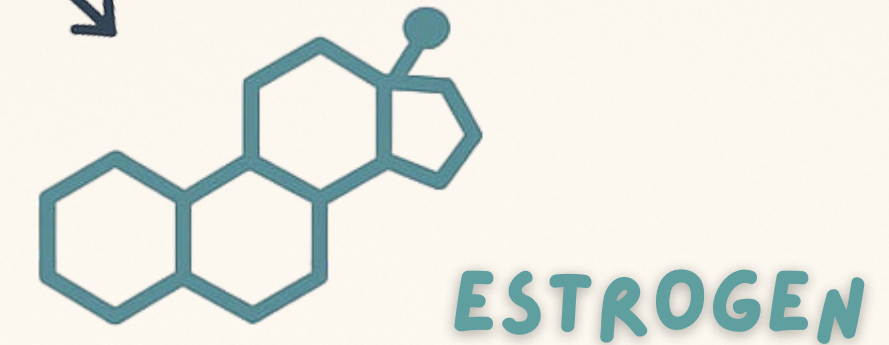


HORMONES AND NEUROTRANSMITTERS

WHAT IS THE RELATIONSHIP?



- Increases GABA A receptor activation
- Decreases glutamate activity
- Can blunt dopamine-driven cognition



- Increases dopamine activity
- Increases serotonin receptor density
- Supports cognitive performance (evidence from studies)