

## ADHD &amp; HORMONES

# Menopause, Peri-Menopause & ADHD: What's Really Happening.

*When oestrogen drops, dopamine regulation worsens — and ADHD symptoms masked for decades can suddenly become unmanageable.*

You're not falling apart. Your scaffolding shifted. The oestrogen-dopamine connection is real, significant, and still largely unrecognised in clinical settings. Here's what you need to know.

# 40%

Of women experience a significant worsening of ADHD symptoms during perimenopause. Many receive their first ADHD diagnosis in their 40s and 50s — after years of being told it's "just menopause."

## THE OESTROGEN-DOPAMINE CONNECTION — WHY EVERYTHING GETS HARDER

**Oestrogen regulates dopamine** — the neurotransmitter that ADHD brains already produce and use differently. As oestrogen declines during perimenopause, dopamine regulation worsens, and ADHD symptoms that were previously manageable can become overwhelming.

Many women who have spent decades developing coping strategies find that those strategies **stop working during perimenopause**. The scaffolding they'd built collapses — not because they've failed, but because the neurochemical foundation has shifted.

This is a medical issue, not a personal failing. HRT, ADHD medication review, and specialist support can all make a significant difference. You deserve to be taken seriously.

## PRACTICAL TOOLS — WHAT ACTUALLY HELPS

# 1

### Track Symptoms

Keep a daily log of ADHD symptoms alongside your cycle or hormonal changes. Patterns will emerge.

# 2

### Review Medication

If you're on ADHD medication, ask your prescriber to review it. Dosage may need adjusting.

# 3

### Explore HRT

Discuss HRT with your GP or specialist. Oestrogen can significantly improve ADHD symptoms.

# 4

### Reduce Cognitive Load

This is not the time to push harder. Simplify, delegate, and ask for help.

# 5

### Specialist Support

Seek a clinician who understands both ADHD and perimenopause. They exist.

# 6

### Self-Compassion

You're navigating a double neurological challenge. Be as kind to yourself as you would to a friend.

*"ADHD coaching that works with your brain, not against it."*

BOOK A FREE DISCOVERY CALL  
[DANIELLEHARRISCOACHING.COM](https://danielleharriscoaching.com)