

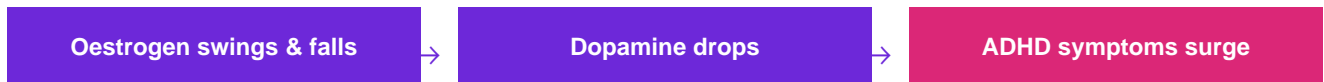
# The ADHD x Perimenopause Cheat-Sheet

Why your ADHD may have gotten louder after 40 — and how to tell what is really going on.

You were probably told it was “just menopause” or “just stress.” Often it is **both** ADHD and the hormonal transition — and they amplify each other.

## The link, in one line

Oestrogen helps your brain use **dopamine** — the chemical ADHD already runs short on. As oestrogen swings and falls in perimenopause, dopamine dips, and ADHD traits you managed for years come roaring back.



## Quick check: ADHD, menopause, or both?

Tick what is true, then notice which column fills up.

Leans lifelong ADHD	Leans hormonal	Leans both
<input type="checkbox"/> Always been this way (even at school)	<input type="checkbox"/> Clearly newer (last few years)	<input type="checkbox"/> Coped for years, then it broke
<input type="checkbox"/> Called lazy / scattered for years	<input type="checkbox"/> Tracks with your cycle	<input type="checkbox"/> Old traits got loud, fast
<input type="checkbox"/> ADHD runs in the family	<input type="checkbox"/> Hot flushes / night sweats too	<input type="checkbox"/> Your meds work less well now

## Track these 6 things for a few weeks

- Focus & memory (1–5)
- Mood, irritability, rejection sensitivity (1–5)
- Sleep — hours and why it broke
- Bleeding days (to see your cycle)
- Hot flushes / night sweats
- ADHD medication — taken, and how well it worked

Patterns beat single bad days. If your worst days cluster before your period or after poor sleep, that is a **rhythm** — and a rhythm is something a doctor can act on.

## 5 questions to ask your doctor

- *Could perimenopause be making my ADHD symptoms worse?*
- *Would HRT be appropriate for me — could it help focus and mood, not just hot flushes?*
- *How would HRT and my ADHD medication work together?*
- *Should my ADHD medication dose or timing be reviewed as my hormones change?*
- *If this isn't your area, could you refer me to a menopause or ADHD service?*

## Before your appointment

- Book a longer slot if you can
- Write your top 3 concerns at the top — lead with those
- Bring your tracked data / a one-page summary
- Decide your one must-have outcome before you walk in

### Want this done for you automatically?

The **ADHD Perimenopause Tracker** logs all of this, estimates your transition stage, decodes your patterns, and builds the one-page doctor report in a tap.

→ [adhdpearls.com/adhd-perimenopause-tracker](https://adhdpearls.com/adhd-perimenopause-tracker)

**Not medical advice.** This is an educational tool to help you notice patterns and prepare for a doctor visit. It does not diagnose ADHD, perimenopause or menopause. Always discuss medication and HRT with a qualified clinician.