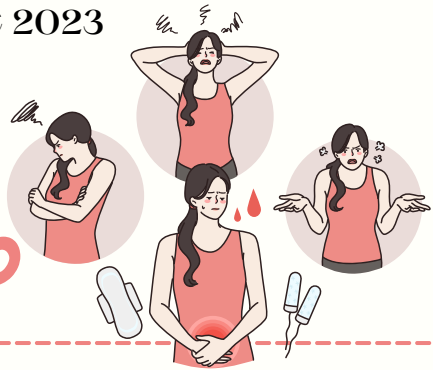




FACT SHEET PMS VS PMDD



WHAT ARE THE SYMPTOMS OF PMS?

1. Anger
2. Anxiety
3. Depression
4. Sensitivity
5. Fatigue
6. Sleepy

7. Tenderness
8. Headaches
8. Muscle and Joint Pain
10. Moodiness
11. Food Cravings

WHAT ARE THE SYMPTOMS OF PMDD?

1. Marked affective lability (mood swings, sudden sadness, increased sensitivity to rejection).
2. Marked irritability, anger, or increased interpersonal conflicts.
3. Markedly depressed mood, feelings of hopelessness, or self-deprecating thoughts.
4. Marked anxiety, tension, or feeling on edge.
5. Decreased interest in usual activities.
6. Difficulty in concentration.
7. Lethargy, fatigue, or lack of energy.
8. Change in appetite; overeating or specific food cravings.
9. Hypersomnia or insomnia.
10. A sense of being overwhelmed or out of control.
11. Physical symptoms (breast tenderness or swelling, joint or muscle pain, bloating, weight gain).



FACT SHEET PMS VS PMDD

HISTORY OF PMS AND PMDD

1. Dr. Katharina Dalton is responsible for identifying PMS.
2. PMDD evolved from PMS and was recognized as a distinct diagnosis in 1999.
3. PMDD is controversial, and some professionals do not believe it exists (surprise!).
4. Both PMS and PMDD sufferers may face skepticism and dismissal from medical professionals. Real issues that only impact women always seem to be debated.

WHEN DOES IT HAPPEN?

PMDD occurs during , typically in the week or two leading up to menstruation symptoms usually begin after ovulation and worsen as the menstrual period approaches, improving within a few days after the onset of menstruation and become minimal or absent in the week following

PMS symptoms tend to peak a few days before the onset of menstruation and often improve or resolve once menstruation starts.

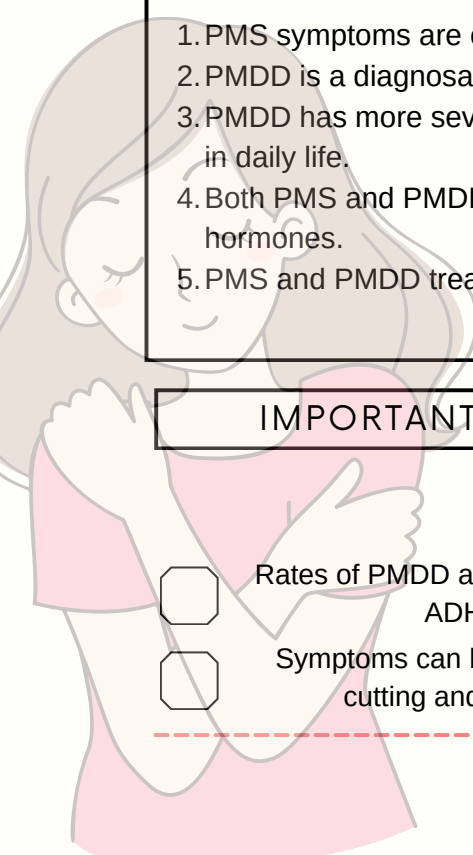
PMS VS PMDD: SYMPTOMS, DIAGNOSIS, AND TREATMENT

1. PMS symptoms are experienced by up to 80% of women, while PMDD affects 3-8% of women.
2. PMDD is a diagnosable disorder, while PMS is not.
3. PMDD has more severe symptoms, often requires medication and therapy, and interferes more in daily life.
4. Both PMS and PMDD can be impairing and may be caused by sensitivity to fluctuating hormones.
5. PMS and PMDD treatments may overlap, but PMDD may require more intensive treatment.

IMPORTANT THINGS FOR WOMEN WITH ADHD TO KNOW

- Rates of PMDD are significantly higher for ADHD women
- Symptoms can be very severe including cutting and suicidal thoughts

- Tracking your symptoms is necessary for diagnosis with a calendar
- Hormonal fluctuations often exacerbate ADHD symptoms in women





FACT SHEET

What is PMDD?

WHAT IS PMDD?

- Premenstrual dysphoric disorder (PMDD) is a severe and disabling condition affecting 4-8% of women but in adhd women estimates are as high as 50 percent
- Symptoms include depression, anxiety, extreme mood swings, and more, which usually resolve at the onset of menstruation
- PMDD symptoms significantly interfere with women's functioning

PMDD IN ADHD WOMEN

- Symptoms are worse
- Rates are higher
- Adhd symptoms get worse during second phase of cycle

PMDD DIAGNOSIS AND TREATMENT

1. Chart symptoms for 2 cycles and working with a healthcare provider
2. Medication: SSRIs (fluoxetine, sertraline, paroxetine), SNRIs (clomipramine, venlafaxine, duloxetine) increase your adhd meds
3. Dosing: Continuous, intermittent, or luteal phase bump-up of adhd or other med
4. Oral contraceptives: Drospirenone-based pills
5. GNRH agonists: For severe cases, inducing medical menopause
6. Mood charting
7. Lifestyle changes: Reduced caffeine/sugar, exercise, sleep
8. Cognitive Behavioral Therapy
9. Calcium, Vitamin B6, Magnesium, Vitamin E
10. Chasteberry (Vitex agnus-castus)

IMPORTANT THINGS FOR WOMEN WITH ADHD TO KNOW

- PMDD is a chronic condition, and most women will relapse within 1-2 cycles after discontinuing medication
- Doctors may not be well versed in PMDD so self advocacy may be necessary

- Women with ADHD may require additional support and attention to manage PMDD symptoms effectively
- Because symptoms can be severe, doctors may misdiagnose PMDD as borderline personality disorder or bipolar disorder



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FACT SHEET

I think I have PMDD What should I do?



SYMPTOMS: ACTUAL CRITERIA

Timing

Experience 5 or more symptoms in the week before your period, which improve after your period starts and become minimal or absent after your period.

Emotional Symptoms

Have at least one of the following: a) Significant mood swings b) High irritability or anger c) Intense sadness or hopelessness d) Strong anxiety or tension

Additional Symptoms

Also have one or more of these:

- a) Loss of interest in usual activities
- b) Trouble concentrating c) Fatigue or lack of energy
- d) Changes in appetite or food cravings
- e) Sleep issues (too much or too little)
- f) Feeling overwhelmed or out of control
- g) Physical discomfort (breast tenderness, muscle pain, bloating, or weight gain)

Impact on Life

These symptoms cause significant distress or interfere with daily life (work, school, social activities, or relationships).

Not Caused by Other Issues

Symptoms are not due to another disorder or medical condition, or caused by substance use (medications or drugs).

Tracking Symptoms

Confirm the pattern by tracking symptoms for at least 2 months, ideally using a daily rating system. You can find one in my shop for free.

Keep in mind that PMDD is more severe than PMS, may require medication or therapy, and affects daily life more significantly