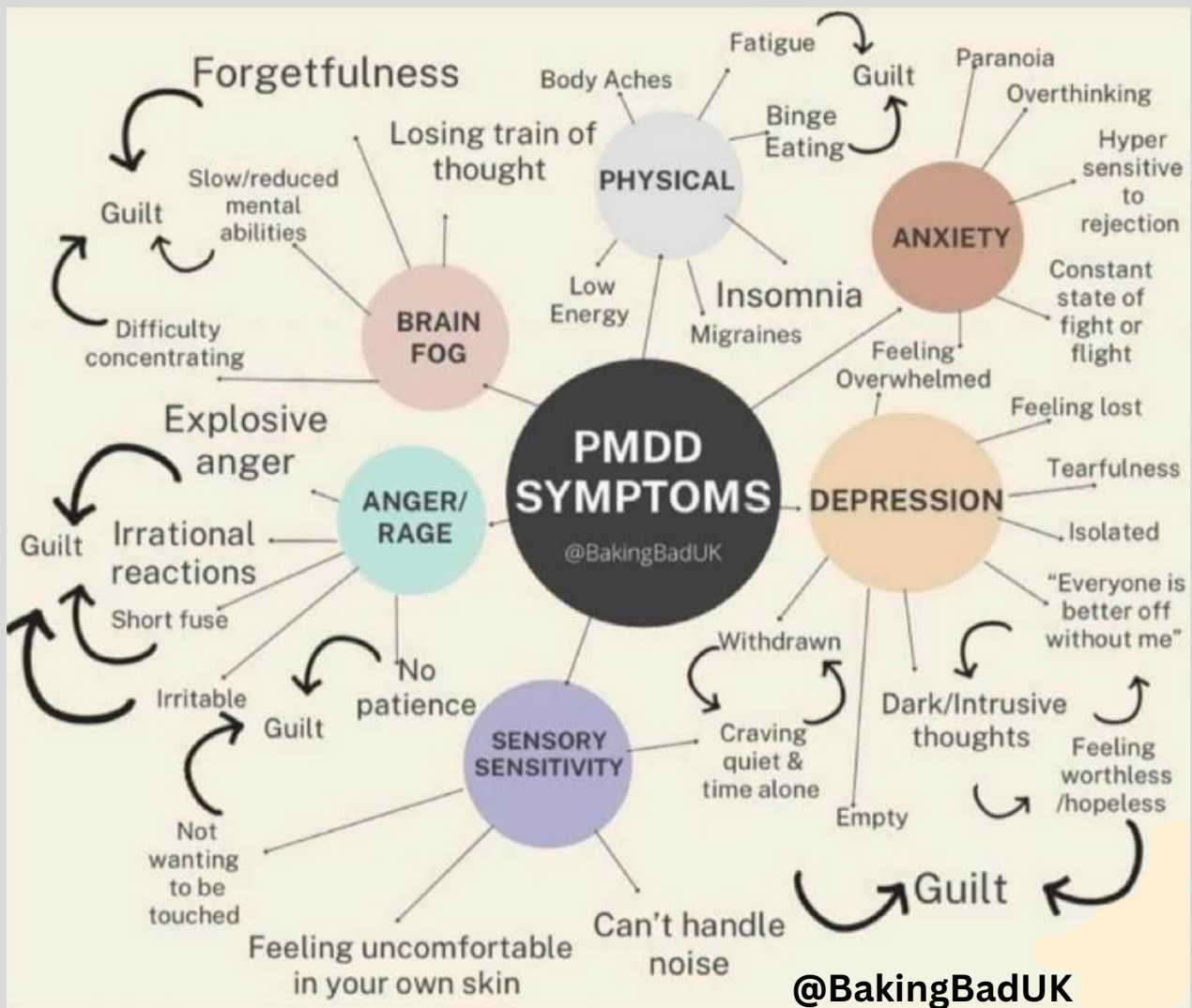


PMDD Facts

Viv Dawes Autistic Advocate
www.autisticadvocate.co.uk



- Premenstrual dysphoric disorder (PMDD) is a very severe form of premenstrual syndrome (PMS). It causes a range of emotional and physical symptoms every month during the week or two before your period. It is sometimes referred to as 'severe PMS' (Mind UK)
- PMDD occurs during the luteal phase of your menstrual cycle. This is the time between when you ovulate and when your period starts. The luteal phase lasts approximately two weeks for most people but can be longer or shorter (Mind UK)
- Anyone who has ovaries can have PMDD, including trans men
- Causes: **Genetics**- some research suggests that increased sensitivity to changes in hormone levels may be caused by genetic variations. **Smoking**- some research suggests that smoking can have an impact on your hormone sensitivity. **Trauma and stress**- other research has shown that in some cases PMDD may be linked to stressful and traumatic past events, such as emotional or physical abuse. Stress may also make your PMDD symptoms worse (Mind UK)
- A new study in 2022 found 14.3% of autistic women had PMDD compared to 9.5% of non autistic women "Menstruation and menopause in autistic adults: Periods of importance?"-Groenman et al (2022)
- Previous studies had suggested PMDD in 21% of autistic women in a study by Lever and Geurts (2016) and 92% in a study by Obaydi and Puri (2008). (In the 2008 study by Obaydi and Puri this study was with autistic women who had learning disabilities).
- Possibly 46% of those who are ADHD may have PMDD - Dorani et Al (2020)
- Levels of serotonin, GABA, Glutamate, Beta Endorphins and Cortisol are involved in the symptoms of PMDD
- PMDD can be extremely serious, leading to aggression, violence in some people, suicidal thoughts and attempts
- Treatment is usually SSRIs and the combined pill, but this may differ for trans men



Remember these symptoms can be amplified in neurodivergent people

PMDD help

Mind UK info re PMDD and treatment:

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/premenstrual-dysphoric-disorder-pmdd/treatment/>

Transgender people and PMDD: <https://iapmd.org/transgender-pmdd>

PMDD workbook: <https://iapmd.org/shop/pmdd-workbook-debra-lee-biggar>

PMDD symptoms tracker: <https://mevpmdd.com>

