

# Endometriosis in Women\* with ADHD

A look at the shared experience of women with endometriosis and ADHD - two separate conditions often overlooked.

\*those assigned female at birth

## Women with endometriosis are **TWICE** as likely to have ADHD than those without the condition

### Common Challenges

Women with both endometriosis and ADHD experience unique challenges, including intense physical pain, trouble focusing during flare-ups, brain fog, fatigue, sleep difficulties, burnout, mood changes and stigma surrounding both conditions.



### Delayed Diagnosis

Women with endometriosis and ADHD often face delays in securing either diagnosis due to lack of recognition, clinical misunderstanding and stereotypes. NHS diagnosis for ADHD, can see a minimum of an 8 year wait, trust dependant in NI  
NHS diagnosis of endometriosis can take up to 10 years to secure



## Comorbid Conditions

Mood disorders, increased levels of stress, anxiety, depression and chronic pain are common comorbidities for women with endometriosis and ADHD, exacerbating symptoms of both conditions.



## Things that can help

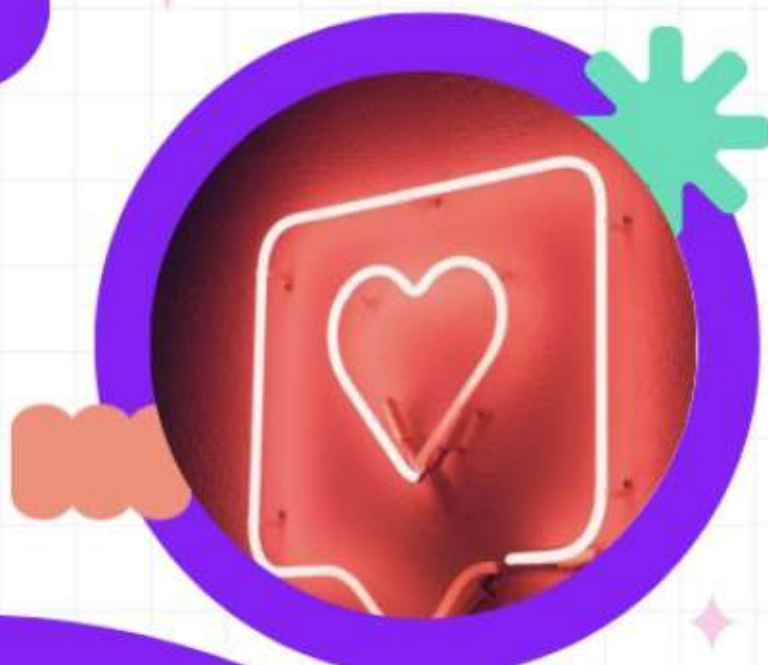
- Realising that you are NOT overthinking your symptoms, you know your body best
- Knowing that period pain is NOT normal and should not leave you bed bound
- Educate yourself, keep talking, spreading awareness - we need more research on endo for those with ADHD
- Starflower Oil can help to limit the widespread pain associated with endo and can support those mood fluctuations
- Magnesium can help with muscle pain, cramps and improve sleep
- Gentle exercise like walking and yoga
- Hormone treatments work for some



## Treatment Challenges

Some ADHD medications can worsen endo symptoms, and many endometriosis treatments can interfere with ADHD management.

One commonly used treatment for endo is this pill, which can affect your mood negatively, with mood and hormonal changes being more drastic for women with ADHD. Issues with memory associated with ADHD, can impact taking both your ADHD medications and endo treatment options - "did I take my painkillers already"







## **Shared Experience**

Endometriosis and ADHD, though separate, can overlap and compound challenges for women. Understanding the connection is key to better care.



Copyright ADD-NI 2023