

Hello Senator Smith.

Thankyou for your work on the Senate Inquiry into ADHD.

You asked me a **Question on Notice at the Hearing in Melbourne on 26/9/23 for information about ADHD in Women.** That is a huge topic which I recently summarised for a Lecture at the Takeda Neuroscience Conference on 19/8/23. My talk and other material is available on my ADHD Library www.reflecthealth.com.au "What We Provide" has a dropdown box - Choose ADHD. Choose Floor#3 "Managing your ADHD"> ABOVEGROUND Rooms> 15. Room W Women & ADHD I hope this is helpful. The fact that estrogen is made in the brain and regulates dopamine levels is very important. There is a higher risk of Premenstrual Dysphoric Disorder Postnatal Depression and Perimenopausal Depression in women with ADHD. Some need higher doses of ADHD meds in the premenstrual days. This will be mentioned in the AADPA Australian ADHD Prescribers Manual which we are currently writing to give practical information to complement the Guidelines. There is an urgent need for diagnostic criteria to identify adults with ADHD - APSARD (American Professional Society of ADHD and Related Disorders) has an International Task Force working on Guidelines for Adults with ADHD. Task Force Members include researchers who have identified issues relevant to women. <https://apsard.org/us-guidelines-for-adults-with-adhd/> It is also noteworthy that "Girls with ADHD were more easily distinguished from control girls by their comorbidities than by ADHD symptoms" (cited in my Takeda talk from the Littman Article "ADHD in Females across the lifespan and the role of estrogen" which is also in Room#15) AAADHDIG concurs with Australian Guidelines and all the Professional associations in calling for research into women girls and transwomen with ADHD. If you would like further specific information please contact me

Hello Senator Steele-John

Thank you for your tireless work for the All Abilities Community

At the ADHD Inquiry Hearing in Melbourne on 26/9/23 you asked me a **Question on Notice re Cost of Failure to Treat ADHD**

That is a huge topic so I'd appreciate some guidance about what areas you are interested in.

1. If you would like more information about the young woman who accumulated >\$750 00 worth of inpatient admission bed-days for Eating Disorder and substance use disorder before her ADHD was recognised she was working on her story so we could further quantify the cost of Failure to treat her.
2. The needless cost of prisoners who would not have self-medicated with illicit drugs and not been imprisoned had their ADHD been treated properly is enormous
3. Antonella Segre. CEO ADHDWA said at the Perth Hearing on 24/7/23
Ms Segre : I think we really need to look at the cost, which was your initial question. We have a terrible story of a woman who was diagnosed at 46 years of age and was no longer able, due to financial reasons, to access her psychiatrist and no longer had her medication. She was finally on a waiting list, and she died of an overdose on depressants and alcohol just two weeks away from being on that cancellation list. These are stories that need to sit with the Senate. Her name was Joanna.

Joanna was my patient. She had a history of depression and alcohol dependence before I diagnosed her which remitted when she used Vyvanse. She always struggled to afford my sessions and she could not afford ADHD Coaching. She would run out of medication relapse into depression and alcohol use come back to me for ADHD meds and get back on track. I can't just send a script to someone who has been drinking excessively so Joanna's brother and I had organised a GP to assess her physically. I had told the GP I would organise a Support Letter for an Interim Permit so he could prescribe Lisdexamfetamine if needed. Joanna had an appointment booked with me for 28/3/2023 but died on 8/3/2023. She was also on my Cancellation List but I was so busy I couldn't fit her in earlier. I did not think she was suicidal and she could have died accidentally. The Coroner hasn't concluded her case but the Toxicology Report stated that there was alcohol and antidepressants in her blood. Her death was tragically preventable had we had trained GP's able to prescribe ADHD meds. Joanna's brother gave permission for Antonella to tell you about Joanna. I would be very happy to speak with you if you wish.

Kind regards
Dr Dianne Grocott

Respectfully,



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