

RESOURCES IN EPISODE #54

Hormones, Perimenopause & ADHD with Dr Samantha Newman

Samantha Newman - The Female GP

- [Website](#)
- Menstrual Cycle Images - see below
- Hormones Across The Lifespan - see below
- Course (*coming soon*)

Greene Climacteric Scale

The Greene Scale provides a brief measure of menopause symptoms. It can be used to assess changes in different symptoms, before and after menopause treatment.

ADHD New Zealand Self-screening Tool

IAPMD: International Association of Premenstrual Disorders

- [PMDD / PME Self-screening](#)

Dr Tori Eisenlohr

Premenstrual Syndrome; A Natural Approach

Australasian Menopause Society

Good info on supplements & a huge range of resources)

Monash Women's Health

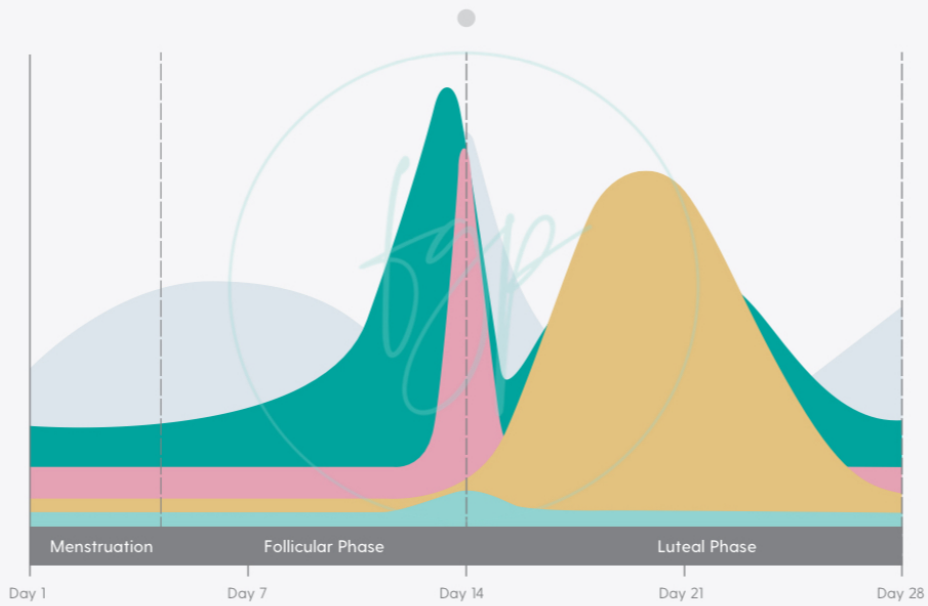
Louise Newson

- [Podcast](#)

Fitr Women App

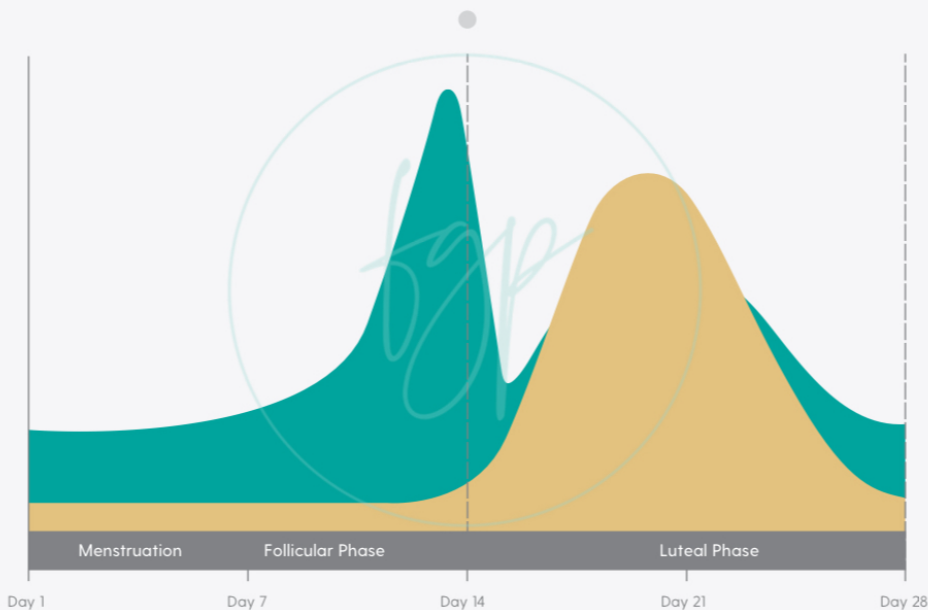
Track your cycle & get tips for each phase of your cycle

The Menstrual Cycle



■ Estrogen ■ Progesterone ■ Luteinising Hormone (LH) ■ Follicle-Stimulating Hormone (FSH) ■ Testosterone

The Menstrual Cycle

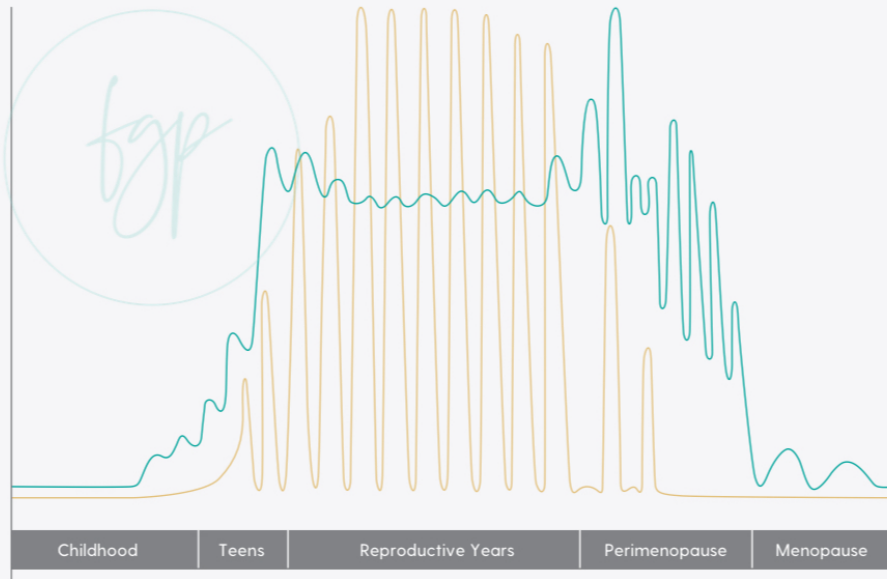


■ Estrogen ■ Progesterone

www.femalegp.co.nz

Hormones across the lifespan

fyp | Female GP
Dr. Samantha Newman



■ Estrogen ■ Progesterone

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