

22nd October 2018

To whom it may concern:

Our organization is pleased to support the efforts of Paola Vallarino and fellow collaborators in creating ITA-PMS to provide education, awareness, and support to those impacted by core premenstrual disorders in Italy.

An estimated 2-10% of women and AFAB individuals of reproductive age are living with Premenstrual Dysphoric Disorder (PMDD). This often debilitating disorder is poorly understood and managed and can lead to suicidal behavior in the most severe cases.

About half of those who have been diagnosed or believe they should be diagnosed with PMDD actually have Premenstrual Exacerbation of another psychiatric disorder or PME. There is an urgent need to understand both of these disorders clearly and without prejudice or stigma.

IAPMD recommends Guidelines published by the Royal College of Obstetricians and Gynaecologists (www.rcog.org.uk) for the management of PMDD. We urge other countries to utilize these guidelines to provide evidence-based and compassionate care to patients with PMDD.

We look forward to working with ITA-PMS to provide resources and content that will support the global PMDD community as a whole.

Please feel free to reach out with questions or for additional information.

Sincerely,

A handwritten signature in black ink, appearing to read "Amanda LaFleur". The signature is fluid and cursive, with a long, sweeping underline that extends to the right.

Amanda LaFleur
Co-Founder & Executive Director
International Association For Premenstrual Disorders