

10

new things to know about POI*



1 POI is more common than we thought. It affects about 4 out of every 100 women.



2 Scientists have found over 100 genes linked to POI. However, more work is needed to make good genetic tests available for everyone in all countries. At present, doctors cannot find a cause of POI for most women, but new genetic tests will hopefully change this.



3 Only one blood test showing a high follicle stimulating hormone (FSH) level is needed to diagnose POI. This will help doctors diagnose POI faster.



4 There are some risk factors for POI, like a family history of POI or if you have a known genetic cause of POI. But there is no sure way to know who will get POI or when.



5 Although POI impacts egg production and fertility, women at risk of POI can save their eggs for the future using egg freezing. Egg donation is a potential option for women with POI who want to have a baby.



6 POI can affect muscle, bone, brain and heart health. A healthy lifestyle and taking hormone therapy can help prevent problems.



7 A healthy lifestyle is important for managing POI. Eat a diet containing lots of fruit & vegetables, lean protein and limit fast (take-away) foods, don't smoke, and stay active. Aim to maintain a healthy weight range.



8 Personalized hormone therapy is important for POI to manage symptoms and prevent long term health problems. Doctors are learning more about the best treatments.



9 POI can affect sexual health. A holistic 'biopsychosocial' approach is needed. Hormone and non-hormone therapy, counselling and physical therapy are treatment options.



10 There isn't much research on complementary therapies like dietary supplements and herbal medicines. They should not replace hormone therapy.

Ask Early Menopause



The free **Ask Early Menopause App** provides comprehensive, high quality POI and early menopause information, women's stories and support tools that are based on the latest evidence (www.askearlymenopause.org)

* **Premature Ovarian Insufficiency**

Information from the updated 2024 ESHRE POI guideline (www.eshre.eu/Guidelines-and-Legal/Guidelines/Premature-ovarian-insufficiency)