

I have been diagnosed with POI - What now?

POI (Premature/ Primary* Ovarian Insufficiency) can happen for many reasons, but sometimes **doctors don't know why**. It can happen suddenly or after medical treatments like chemotherapy or surgery. POI affects both your psychological and physical health. **Steps after a diagnosis of POI are:**

- If you had chemotherapy, radiotherapy, or pelvic or ovarian surgery, then POI might be due to these treatments.
- Talk to your doctor about blood tests to check for genetic causes (like Turner syndrome or Fragile X) or autoimmune causes. It is important to have genetic counselling before you have genetic testing to understand what the results may mean for you and your relatives.
- Often no cause of POI is found, and POI is then called "Idiopathic."



1 Diagnosis of POI confirmed



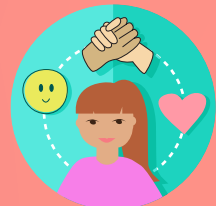
2 Looking for a cause



3 Comprehensive health check with your doctor

- Check your emotional wellbeing.
- Look at your lifestyle.
- Check for menopause symptoms.
- Discuss sexual wellbeing.
- Talk about fertility concerns.
- Check for heart disease and osteoporosis (weak bones) risks.
- Do blood tests for thyroid, kidney and liver function, cholesterol, blood sugar, and Vitamin D to check your risk of heart disease and osteoporosis.
- Get a bone density scan if possible to check for osteoporosis or bone loss.
- Do other tests as needed.

- Focus on emotional wellbeing.
- Set healthy lifestyle and selfcare goals.
- Decide together on hormone therapy that is right for you. Personalised hormone therapy can help manage menopause symptoms and protect against long term impacts of POI like bone loss and heart disease.
- Manage bone health: POI can increase the risk of bone loss and osteoporosis (weak bones), so it is important to get enough calcium and vitamin D, and weight-bearing exercises to strengthen bones.
- Manage heart health: A heart-healthy lifestyle and hormone therapy lowers your risk of heart disease.
- If POI affects your sexual health, there are treatments and counselling available.
- Discuss fertility concerns.
- Get referrals to specialists if needed, like a fertility specialist.



4 Create a care plan with your doctor



5 Get information and support

Join in person or online POI support groups if available such as [Daisy Network](#). Infertility or cancer support groups may be helpful for some women.



6 Regular check-ups

- Have yearly or more frequent check-ups to update your care plan.
- Check emotional wellbeing.
- Discuss sexual wellbeing.
- Monitor menopause symptoms.
- Check your risk of chronic disease like heart disease and osteoporosis.
- Update lifestyle and self-care goals.
- Review hormone therapy.
- Discuss fertility concerns.



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).

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

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*Primary ovarian insufficiency is the term for POI often used in North America