

# POI Treatment

Early diagnosis and treatment is important for your health. Talk to your doctor about the best care plan for you. They can provide personalised advice and support based on your specific needs.

## Hormone Therapy – What are the Options?

See your doctor at least once a year to make sure you are using the right therapy for you.



The choice of hormone therapy depends on your age, if you smoke, your personal preferences, if you need contraception, if you have had a hysterectomy, and other health conditions.

### Estrogen therapy:

Helps with menopause symptoms and prevents diseases like heart disease, osteoporosis, and cognitive problems.

### Progestogen therapy

is added to stop thickening of the lining of the uterus (womb). Progestogen is usually not needed if you have had a hysterectomy.



### Hormone therapy can be in the form of gels, patches, sprays or tablets.

You can also use the combined contraceptive pill or a special progestogen IUD in the uterus plus estrogen.



### Local vaginal estrogen

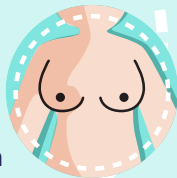
may be needed if you have vaginal symptoms such as vaginal dryness.

It's important to use hormone therapy until at least the age of natural menopause (50 years) to prevent heart disease, osteoporosis and cognitive problems.



## I can't use hormone therapy – What can I do?

Some women with POI, like those with estrogen sensitive breast cancer, should not use hormone therapy.



There are non-hormonal treatments for menopause symptoms like hot flashes, night sweats, and vaginal dryness. Most research is in older women and not those with POI, but they can help.



A healthy lifestyle can reduce the risk of chronic disease and may help with symptoms.



Talk to your doctor about your risk of diseases like heart disease or osteoporosis and how to manage them. You might need to see a specialist.



## What can I do to reduce my risk of chronic disease?

1

### Aim for a healthy lifestyle.

A healthy diet, regular exercise, & avoiding smoking can support overall health & wellbeing.

2

Continue to use hormone therapy until around age 50.

3

Have regular check-ups with your doctor.

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](http://www.askearlymenopause.org)).

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

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