

Early Menopause & POI Program: Guideline, Resources, Publications & Global Impact



Our world-leading Early Menopause program brings together women with lived experience, health professionals and researchers globally to transform **diagnosis, care and long-term health outcomes**. We translate **evidence into impact** through international guidelines, research, education, clinical resources and innovative digital tools, including the Ask Early Menopause app.

We co-led the development of the **2024 International Evidence-based Guideline for Premature Ovarian Insufficiency**, setting global standards for evidence-based care and empowering women to make informed health decisions.



750k

Views/Downloads of our Guidelines, Publications, Resources, App and Name Change



20+

Years of Research, Translation, Implementation and Collaboration



160+

Countries reached

Guideline, App, Resources, Education and Publications



Evidence that drives change

The development of the 2024 POI guideline is a partnership between four world leading international organisations.

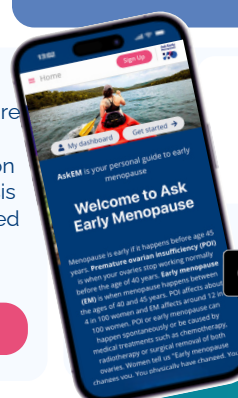
[Read the Guideline](#)



GP Toolkit

A toolkit for healthcare professionals to facilitate recognition and prompt diagnosis and encourage shared decision making

[Explore Toolkit](#)



Ask

Early Menopause App

Trusted evidence-based information & support used worldwide and available anytime, anywhere.

Available on the App Store

GET IT ON Google Play

[Find out more](#)

COMING SOON

Decision support tools

Our new decision support tools help individuals explore options based on their personal preferences and characteristics, make informed decisions, and prepare for meaningful discussions with healthcare professionals.



Personalised tools to review options and preferences for POI and Early Menopause care



Review options and support shared decision making

Early Menopause Resources

We created a growing library of multilingual resources for patients and health professionals to disseminate the translated research.



[Explore all Resources](#)

What women are saying after seeing our resources

"I like absolutely everything! I'm so grateful for this app. Thank you."

I liked how simple this was. It was really easy to understand.

"This happened to me 27 years ago. I could not access information except for library books telling me my symptoms were in my head. So happy to see this."

"The information provided is great."

Early Menopause webinars, podcasts & educational videos

Our team's regular webinars bring information straight to consumers and clinicians

[Find out more](#)



Short Course:

Too young for menopause? Best-practice care for early menopause.

[Register here](#)

This is a self-paced online course equipping healthcare professionals with evidence-based knowledge and practical tools to improve the diagnosis, management and care of early menopause and POI, aligned with the 2024 International Evidence-based Guideline.

A partnership between:



*Better care. Better equity.
Better health.*