



POI/EM and Osteoporosis

Premature Ovarian Insufficiency (POI) and Early Menopause (EM) can affect your bone health.

Know the risk factors for osteoporosis and what you can do to protect your bones.



Premature Ovarian Insufficiency is the loss of ovarian function before age 40

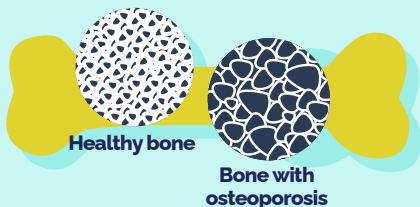


Early Menopause is the loss of ovarian function or menopause between ages 40 to 45 years



What is Osteoporosis?

Osteoporosis is a condition where your bones become weaker and are more likely to fracture. Often there may be no symptoms of osteoporosis until a fracture occurs. Osteoporosis is more common in women with POI and EM, affecting up to 15% of women.



POI/EM and Osteoporosis

POI/EM occurs when there is a loss of ovarian function at an age earlier than the age of natural menopause (around 51 years). POI/EM may occur spontaneously or as a result of medical treatments (chemotherapy, radiotherapy, surgical removal of both ovaries). Oestrogen is an important hormone produced by the ovaries which helps to maintain bone strength. **The sooner than expected decrease in oestrogen levels means that you may start to lose bone density at an earlier age.**

Risk factors for Osteoporosis in POI/EM

Longer duration of oestrogen deficiency leads to a higher risk of osteoporosis.



Young age at the time when menstrual periods stop or become irregular



A delay in the diagnosis of POI/EM



Not taking oestrogen replacement therapy regularly

POI/EM can also be associated with other health issues that can have a negative impact on your bones, for example, rheumatoid arthritis, thyroid conditions and coeliac disease.

Other risk factors for Osteoporosis



Family history of osteoporosis



Low body weight



Lack of exercise



Low calcium diet



Smoking



Previous minimal trauma fracture



Vitamin D deficiency



Excess alcohol intake



Certain medications*

*eg: glucocorticoids, aromatase inhibitors, gonadotrophin releasing hormone agonists.

Want to assess your personal risk of developing Osteoporosis?
riskcheck.osteoporosis.foundation



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 (askearlymenopause.org).

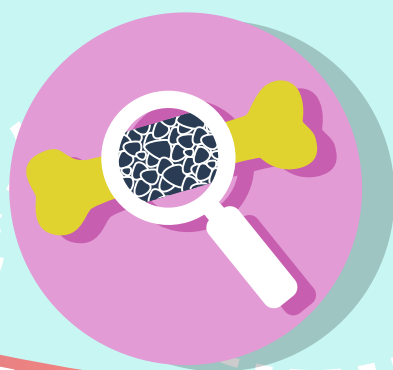
Information from the updated **2024 ESHRE POI guideline:**
(eshre.eu/Guidelines-and-Legal/Guidelines/Premature-ovarian-insufficiency)

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

Screening for Osteoporosis

A bone density scan, commonly known as DXA (dual energy X-ray absorptiometry scan) is used to assess your risk of osteoporosis.



Treatment



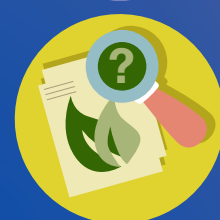
Hormone Replacement Therapy (HRT)

For most women with POI/EM, starting and continuing HRT until the natural age of menopause (around 51 years) reduces the risk of osteoporosis and fractures. HRT helps to reduce bone loss by restoring your body levels of oestrogen. There are many different HRT options. Discuss your options, and your individual risks of using HRT, with your doctor.



Other Treatments

Some women can't use HRT due to other medical issues. Seek advice from specialists about other treatment options.



Complementary Medicines

There is limited evidence about their safety and effectiveness. Seek advice from your doctor and/or other specialists.



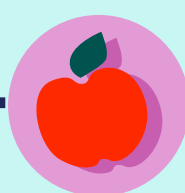
How to protect your bones



No smoking



Reduce alcohol



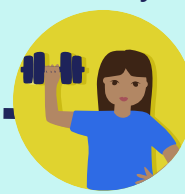
Maintain healthy weight



Adequate calcium
(1000-1200 mg/day),
best obtained from
dietary sources



Adequate Vitamin D
through safe sun exposure
or supplements



Regular weight bearing
and resistance exercises
(2-3 times/week)

Want to
learn more?

International
Osteoporosis
Foundation

Need more information?



National osteoporosis organisations:

- Healthy Bones Australia
- Osteoporosis Canada

POI support group:

- The Daisy Network

Ask Early
Menopause



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