

Premature Ovarian Insufficiency / Early Menopause and Osteoporosis



Premature Ovarian Insufficiency (POI)
loss of ovarian function

BEFORE AGE
40

BEFORE AGE
45

Early Menopause (EM)
loss of ovarian function

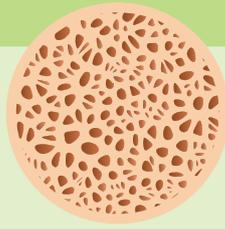
POI and EM can affect your bone health – know the risk factors for osteoporosis and what you can do to protect your bones.

What is Osteoporosis?

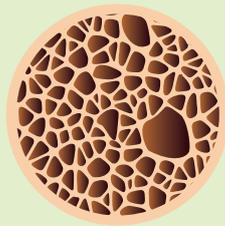
Osteoporosis is a condition where your bones become weaker and are more likely to fracture. Often there may be no symptoms of osteoporosis until a fracture occurs.

Osteoporosis is more common in women with POI and EM,

AFFECTING UP TO 15% OF WOMEN WITH POI



Normal Bone



Bone with osteoporosis

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

Increased 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:



Family history of osteoporosis



Low body weight



Lack of exercise



Low calcium diet



Vitamin D deficiency



Smoking



Previous minimal trauma fracture



Excessive alcohol intake



Certain medications*

Want to assess your personal risk of developing Osteoporosis?

knowyourbones.org.au

(eg: glucocorticoids, aromatase inhibitors, gonadotrophin releasing hormone agonists)

Screening for Osteoporosis



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

Treatment for Osteoporosis

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 cannot 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.



Discuss osteoporosis treatment options with your doctor or specialist.

Need more information?

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|---|--|
| Osteoporosis Australia | osteoporosis.org.au |
| Jean Hailes for Womens Health | jeanhailes.org.au |
| Australasian Menopause Society | menopause.org.au |
| Cancer Australia | canceraustralia.gov.au |
| European Society of Human Reproduction and Embryology | eshre.eu |
| The Daisy Network | daisynetwork.org.uk |

How to protect your bones



No smoking



Reduce alcohol intake



Maintain healthy weight



Adequate calcium (1000-1200mg/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? osteoporosis.org.au

Questions to ask your doctor