

We need your help to develop a bone health fact sheet for women with Premature Ovarian Insufficiency & Early Menopause!

A bone health fact sheet aims to inform women with Premature Ovarian Insufficiency (POI)/ Early Menopause (EM) about the risk of osteoporosis and what women can do to protect their bones. Earlier in the year we asked women with POI/EM about what they would like to include in a bone health fact sheet. Using this information, we have created a draft bone health fact sheet. The aim of this study is to explore the views of women with POI/EM to further develop and refine the bone health fact sheet.

I would like to invite you to be involved in the study, ***“Bone Health Information and Management in Women with Premature Ovarian Insufficiency”***, which is being conducted through Monash Centre for Health Research and Implementation (MCHRI) and Monash Medical Centre, Monash Health in Clayton.

You may be eligible for this study if:

- You are diagnosed with POI (menopause before 40 years) or EM (menopause before 45 years)
- You are aged 20 years or more

This research involves attending a focus group or an individual interview at Monash Medical Centre in Clayton to share your views on a bone health fact sheet for POI/EM. The group will consist of approximately 4-6 women who have been diagnosed with POI/EM. The session will take approximately 60 minutes.

Participation in this research project is voluntary. Your decision on whether or not to take part, or to take part and then withdraw will not affect your routine care or your relationship with Monash Health.

If you are interested in participating in this study, please contact Maylyn Goh at: MCHRI-earlymenopausestudy@monash.edu

Thank you for your time and consideration. We look forward to hearing from you.

Sincerely,

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