



MONASH University

A study to prevent bone loss and restore sexual function in women with primary ovarian insufficiency

As many as 4 in every 100 Australian women go through menopause before the age of 40 years. This loss of ovarian function is called premature ovarian insufficiency (POI).

Women with POI do not produce sufficient estrogen or testosterone necessary for good bone health. They experience progressive bone loss, increasing their risk of osteoporosis (weakened bone strength) and fractures at a young age.

Despite adequate estrogen replacement many women with POI also experience sexual dysfunction.

There is some evidence that addition of testosterone to estrogen replacement therapy might prevent bone loss and restore sexual function in women with POI, but convincing evidence from well conducted trials is needed.

The purpose of this research is to determine whether the use of testosterone therapy, in a dose we have shown restores testosterone levels to those of premenopausal women, prevents bone loss and improves sexual function in women with POI who are taking the standard dose of estrogen.

This is a 12-month study using topical testosterone cream applied to the skin on women aged under 45 years with primary ovarian insufficiency (complete loss of ovarian function before age 40).

Your participation would involve 5 visits with blood collection and bone density scans.

To participate or for further information

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The Women's Health Research Program



This study is approved by Monash University
Human Research Ethics Committee