

WORLD MENOPAUSE DAY 2020



WHAT IS PREMATURE OVARIAN INSUFFICIENCY (POI)?

Premature Ovarian Insufficiency (POI) occurs when a woman's ovaries run out of eggs before the age of 40 years.

- Periods becoming irregular or stopping is a symptom of POI.
- Other symptoms can include hot flashes, night sweats, poor sleep, mood swings, aches and pains, and vaginal dryness.
- The most common way to diagnose is a blood test that measures your level of follicle stimulating hormone (FSH).
- Symptoms can be successfully treated with hormone therapy and managed with a healthy diet, regular exercise and emotional well-being.
- Contact your healthcare provider for further support.

International **IMS**
Menopause Society
Promoting education and research on midlife women's health

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