



# Harley Street at Home

Menopause

## Premature Ovarian Insufficiency (POI)

Premature Ovarian Insufficiency: Loss of ovarian function  
before age 40

### Symptoms

- Mental disturbances
- Infertility
- Vasomotor symptoms
- Vaginal dryness
- Painful sex
- Adversely impacted sleep, energy, mood and libido
- Aching and stiff muscles and joints

### Diagnosis

- Under 40 years old
- Infrequent or missed periods for more than 4 months
- Elevated FSH both times when measured 4-6 weeks apart

### Management

- HRT may be beneficial to some women up until the age of natural menopause, to provide protection against osteoporosis and cardiovascular disease
- Receive lifestyle advice
- Treat specific symptoms

### Infertility Management

- Decide not to have children
- Natural conception (5-10% chance and no increase in risks to mother)
- Adopting/fostering
- IVF with donor eggs