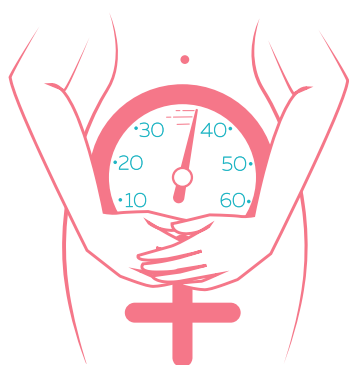


# Early Menopause Essentials

## SPONTANEOUS EARLY MENOPAUSE



### 1.) WHAT IS EARLY MENOPAUSE?

**Early menopause** is menopause occurring before age 45 years. Affects up to 12% of women

**Premature ovarian insufficiency** is loss of ovarian function before age 40 years. Affects up to 3.5% of women

### 2.) CAUSES OF EARLY MENOPAUSE

The cause of spontaneous early menopause is unknown in most women. Genetic, autoimmune and viral causes can be identified in some women.

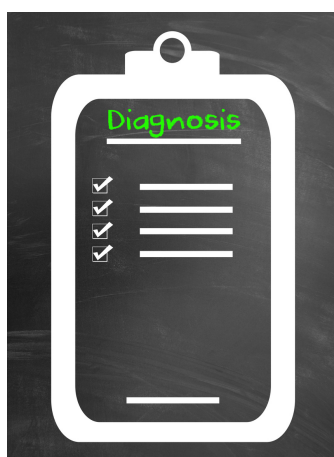


### 3.) IMPACT OF EARLY MENOPAUSE

Early menopause has many impacts on a woman's life including menopausal symptoms, infertility, psychological distress and increased risk of heart disease and osteoporosis.

### 4.) RISK FACTORS FOR EARLY MENOPAUSE

Family history, smoking, early age at onset of menstrual periods, being a child of a multiple birth, lower education/occupational levels, low body weight, pelvic surgery, chemotherapy or radiotherapy all increase your risk of early menopause.



### 5.) DIAGNOSIS OF EARLY MENOPAUSE

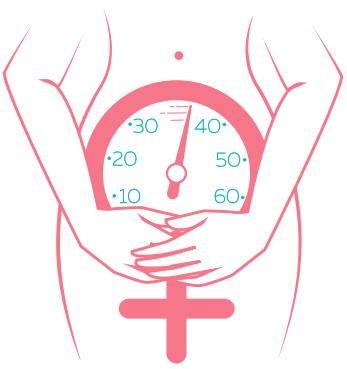
Diagnosis is often delayed. Women who have not had a menstrual period for 4-6 months should seek medical advice. A blood test is needed for diagnosis.



More information: Early menopause online resource  
<https://healthtalkaustralia.org>

# Early Menopause Essentials

## MEDICALLY INDUCED EARLY MENOPAUSE



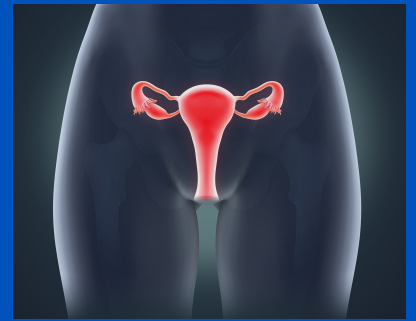
### 1.) WHAT IS EARLY MENOPAUSE?

**Early menopause** is menopause occurring before age 45 years. Affects up to 12% of women

**Premature ovarian insufficiency** is loss of ovarian function before age 40 years. Affects up to 3.5% of women

### 2.) CAUSES OF MEDICALLY INDUCED EARLY MENOPAUSE

Early menopause occurs after surgical removal of both ovaries. Chemotherapy and radiotherapy can damage the ovaries and cause early menopause. Ovarian suppression can cause menopausal symptoms but is reversible.



### 3.) IMPACT OF EARLY MENOPAUSE

Early menopause has many impacts on a woman's life including menopausal symptoms, infertility, psychological distress and increased risk of heart disease and osteoporosis.

### 4.) RISK FACTORS FOR MEDICALLY INDUCED EARLY MENOPAUSE

The risk of early menopause with chemotherapy or radiotherapy increases with older age, type, dose and duration of treatment.

Pelvic surgery increases the risk of early menopause.



### 5.) DIAGNOSIS OF EARLY MENOPAUSE

Diagnosis is often delayed and can be more difficult in women who have had chemotherapy or radiotherapy, a hysterectomy or taking breast cancer endocrine therapy.

A blood test is needed for diagnosis.

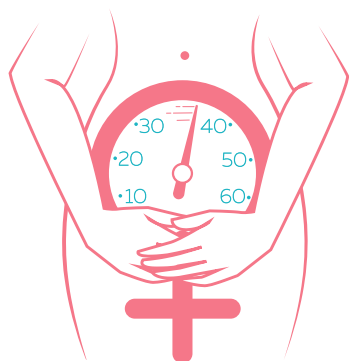


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# Early Menopause Essentials

## EARLY MENOPAUSE AND BREAST CANCER

### 1.) WHAT IS EARLY MENOPAUSE?



**Early menopause** is menopause occurring before age 45 years. **Premature ovarian insufficiency** is loss of ovarian function before age 40 years. About 25% of women are premenopausal at breast cancer diagnosis and treatment causes early menopause in most women.

### 2.) CAUSES OF EARLY MENOPAUSE OR MENOPAUSAL SYMPTOMS

Breast cancer treatments causing early menopause or menopausal symptoms include: surgical removal of both ovaries, chemotherapy, ovarian suppression via monthly injection, or endocrine therapy with tamoxifen or aromatase inhibitor medication.



### 3.) IMPACT OF EARLY MENOPAUSE

Early menopause has many impacts on a woman's life including menopausal symptoms, infertility, psychological distress and increased risk of heart disease and osteoporosis. Breast cancer treatments can also affect heart and bone health.

### 4.) NON HORMONAL OPTIONS TO MANGAGE MENOPAUSAL SYMPTOMS

Women with breast cancer should avoid HRT. Non-hormonal medications are available to help with hot flushes and vaginal symptoms. Lifestyle measures can help you to cope with hot flushes.



### 5.) COMPLEMENTARY THERAPIES

Cognitive Behavioural Therapy has been shown to help hot flushes, sleep and mood in postmenopausal women. Hypnosis has been shown to help hot flushes. Most complementary medicines are either ineffective or there are concerns about safety.



More information: Early menopause online resource  
<https://healthtalkaustralia.org>

# Early menopause Essentials

## MANAGING EARLY MENOPAUSE



### 1.) A HEALTHY LIFESTYLE

A healthy lifestyle is important.  
A balanced diet with enough calcium and Vitamin D  
Maintain a healthy weight. Be physically active  
Stop smoking

### 2.) HORMONE REPLACEMENT THERAPY

HRT is recommended to relieve symptoms and reduce the risk of osteoporosis and heart disease. HRT should be continued until the usual age of menopause.



### 3.) CHECK FOR OTHER HEALTH ISSUES

Screening for other health issues is important including bone density scan for osteoporosis and blood pressure check and blood tests for heart disease risk (cholesterol and diabetes screen).



### 4.) NON HORMONAL OPTIONS

Non-hormonal medications are available for women who are unable to take HRT to help with hot flashes and vaginal symptoms.



### 5.) COMPLEMENTARY THERAPIES

Cognitive Behavioural Therapy has been shown to help hot flashes, sleep and mood in postmenopausal women. Hypnosis has been shown to help hot flashes. Most complementary medicines are either ineffective or there are concerns about safety.



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