

Premature ovarian insufficiency

RFQs

- When was your last menstrual period?
- Have you done a pregnancy test? (Or do you have any symptoms of pregnancy?)
- What age was your mum when she went through the change?

Provide

Your blood test suggests that you may have become menopausal. We should repeat it again in a month or so.

Safety net:

I can see that this is a big shock to you. If you need any support accepting all of this, please let me know.

5-10% of women with a really early menopause can still produce an egg and get pregnant, so I would suggest that you will still need to take precautions if you are not wanting to become pregnant.

This problem is very risky for your bones. Without treatment you may be very prone to broken bones later in life. Would you be happy for me to prescribe you HRT (or the combined oral contraceptive pill - provided it would be safe for you)? We should also think about other ways to protect your bones. Perhaps you would be happy to listen to the options for protecting bone health discussion on realgeneralpractice.co.uk?