



Resources for Premature Ovarian Insufficiency (POI)

We wanted to share some valuable resources that may be of interest to women in our community, particularly those seeking reliable information on Primary Ovarian Insufficiency (POI):

If this is a topic of concern to you then please sign up for the POI Australia newsletter to stay informed about developments in this area [HERE](#).

Overview and Health Information:

NIH: POI Health Topic <https://www.nichd.nih.gov/health/topics/poi>

Patient-Friendly Guidelines:

ESHRE POI Guideline – Patient Version (2024)

https://www.eshre.eu/-/media/sitecore-files/Guidelines/POI/2024/POI-GUIDELINE_Patient-version_2024dec.pdf

These are handouts from the Australian Menopause Society on POI.

<https://www.menopause.org.au/hp/gp-hp-resources/premature-ovarian-insufficiency>

[https://www.menopause.org.au/images/stories/infosheets/docs/AMS_Fragile X and Spontaneous POI April 2022.pdf](https://www.menopause.org.au/images/stories/infosheets/docs/AMS_Fragile_X_and_Spontaneous_POI_April_2022.pdf)

Dr Lawrence Nelson's website providing information on recommended treatment:

<https://my28days.org/>

Dr Amanda Vincent Monash Centre for Health Research and Implementation.

<https://mchri.org.au/evidence-and-translation/reproductive-womens-health-incl-pcos/early-menopause-menopause/>

Senate Enquiry report Menopause and Perimenopause 2024:

https://www.aph.gov.au/Parliamentary_Business/Committees/Senate/Community_Affairs/Menopause/Report

Australian Government response to the Senate Community Affairs References Committee report: Issues related to menopause and perimenopause:

<https://www.health.gov.au/sites/default/files/2025-02/government-response-to-inquiry-issues-related-to-menopause-and-perimenopause.pdf>

Scientific Articles:

PubMed: Psychosocial Functioning in Women with POI (2024)



<https://pubmed.ncbi.nlm.nih.gov/39510737/>

PubMed: Pathogenesis and Clinical Presentation of POI (2016)

<https://pubmed.ncbi.nlm.nih.gov/27912889/>

Global Prevalence: <https://pubmed.ncbi.nlm.nih.gov/30829083/>

2024 Meta analysis Tian- Premature Ovarian Insufficiency Is Associated with Increased Risk of Depression, Anxiety, and Poor Life Quality: A Systematic Review and Meta-analysis:

<https://pubmed.ncbi.nlm.nih.gov/38798816/>

Community Support:

Daisy Network: Renee is the Australian Contact Person. Belinda is a Family Support contact but can be accessed via Renee.

The Australian Daisy Network Facebook page can be joined without having to make payment for Daisy Membership: <https://www.facebook.com/DaisyNetwork>

PODCAST Womankind, speaking to Dr Hannah Short author The Complete Guide to POI and Early Menopause: <https://podcasts.apple.com/gb/podcast/poi-premature-ovarian-insufficiency-early-menopause/id1557937820?i=1000583546807>

Podcast by four women with POI who have medical training:

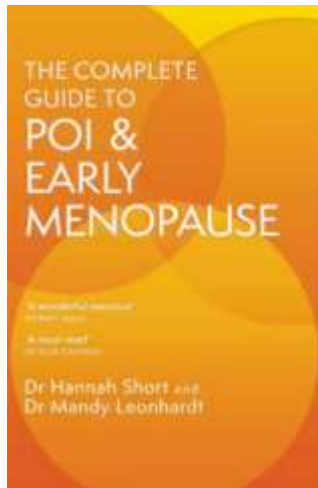
<https://podcasts.apple.com/us/podcast/the-premature-menocast/id1741914811>

ABC Listen App: <https://www.abc.net.au/listen/programs/ladies-we-need-to-talk/ladies-we-need-to-talk-peri-menopause-youth-young-poi-cancer/105077450>

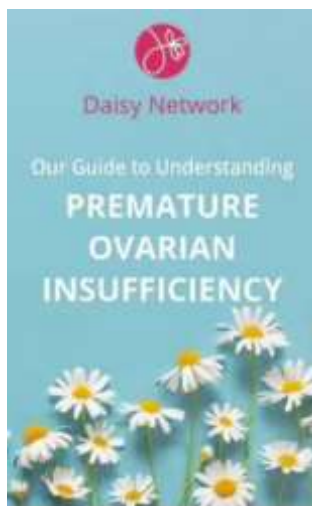
Related to the above ABC talk: She also sits down with women's health expert and GP, Dr Natasha Vavrek who explains the science behind premature menopause and POI (Primary Ovarian Insufficiency).



Books:

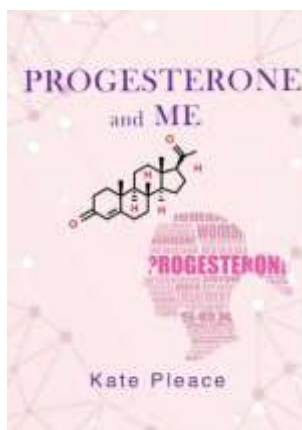


Sheldon Press Published 2022. <https://drhannahshort.co.uk/book/>



Can be purchased through The Daisy Network.

<https://www.daisynetwork.org/product-category/merchandise/>



Kate is a fertility nurse and has been diagnosed with POI. Her book can be purchased through Amazon.com.uk

<https://www.amazon.co.uk/Progesterone-Me-Kate-Pleace/dp/1835433553>



In the News:

<https://monashhealth.org/latest-news/2024/12/16/updated-guidelines-for-premature-ovarian-insufficiency-published-in-three-leading-journals/>

<https://www.monash.edu/news/articles/amanda-vincent-receives-highest-award-for-research-into-premature-menopause-and-bone-health>

Further support/Facebook groups:

Several Facebook groups offer peer support and shared experiences for women navigating POI including Karime Hijane's Group:

Facebook POI Peer to Peer Support Group:

<https://www.facebook.com/share/g/1CZAaopJzB/?mibextid=wwXlfr>

Facebook POI Support Group. Women Supporting Women:

<https://www.facebook.com/share/g/19BCyUSzA1/>

Facebook POI Support Group: Moms of daughters and young women with POI support group.

<https://www.facebook.com/groups/842262997152973>

Group Description: This group is specially created for teens and young women (generally under 25) who have been diagnosed with Primary Ovarian Insufficiency (POI), as well as their mothers or primary caregivers. Our focus is on supporting young people and families facing a diagnosis of POI—covering topics specific to youth and early adulthood, such as health care, emotional wellbeing, education, and peer support.

If you are a young woman with POI, or the parent/caregiver of a young person diagnosed with POI, you are welcome. Please note: this group is not intended for those primarily seeking support around trying to conceive. Instead, we address the unique experiences of young people with a POI diagnosis, with topics tailored to their age group and life stage. Adult-focused POI support groups are available for those who are diagnosed later in life or who have different support needs.