



# Early menopause



## Menopause

Menopause is a point in time – your final period. Menopause usually occurs between the ages of 45 and 55, however some women will experience menopause earlier.

## Premature ovarian insufficiency and early menopause

About 1 in 15 women in Australia experience premature ovarian insufficiency (or POI) or early menopause.

POI is when menopause occurs before age 40.

Early menopause is when menopause occurs before age 45.

The symptoms of POI and early menopause are similar to those experienced at the usual age of menopause. However, there can be greater sense of loss, sadness and grief about the loss of fertility and body image.

If you think you might be experiencing POI or early menopause, it is important to see your doctor.

More information about POI and early menopause is available on the **Jean Hailes for Women's Health** website.

## Medically induced menopause

Medically induced menopause can happen if you have some cancer treatments, or surgery that removes both ovaries, before natural menopause.

Having a hysterectomy (surgery to remove your uterus) before your ovaries have stopped working does not lead to menopause, unless your ovaries are also removed during surgery. If you still have your ovaries, hormone production continues until menopause occurs naturally.

Having a single side oophorectomy (one ovary removed) does not lead to menopause. If one or both of your ovaries remain, your ovaries will continue to produce hormones even though your periods will stop. If you have a bilateral oophorectomy (both ovaries removed), you will reach menopause right away.

You will not experience a 'typical' menopause transition that happens when menopause comes about naturally. Symptoms can be more severe when menopause occurs suddenly, due to the rapid drop in hormone levels.

If you need medical treatment that might trigger menopause, talk with your doctor about what to expect and what support or treatment options are available.

More information on medically induced menopause is available on the **Jean Hailes for Women's Health** website.

## Getting help

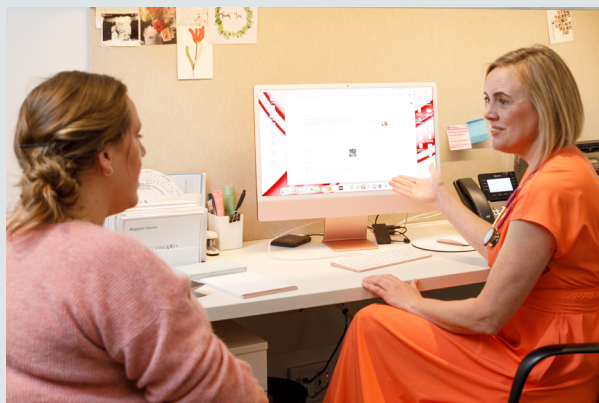
There are many qualified health professionals who can support you during the menopause transition.

If you have menopause-related symptoms that are impacting your life or worrying you, it is important to talk to a doctor. There are treatment and support options that can help, and your doctor can make sure you receive accurate diagnosis and appropriate care.

## More information and support

For more information and support visit **[health.gov.au/perimenopause](https://health.gov.au/perimenopause)**.

On the website you will find real stories, resources, a guide for talking with your doctor, a link to a symptom checklist, and information in a range of languages.



Everyone experiences  
**perimenopause** and  
**menopause** differently.

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