

# GET TO KNOW OVARIAN WELLNESS

POI, MENOPAUSE & AGEING

PREMATURE  
OVARIAN  
INSUFFICIENCY

MENOPAUSE AND AGEING



ASIA CENTRE FOR REPRODUCTIVE  
LONGEVITY AND EQUALITY (ACRLE)

# WHAT IS PREMATURE OVARIAN INSUFFICIENCY (POI)?

A clinical syndrome defined by loss of ovarian activity before the age of 40.

CHARACTERISED BY:  
MENSTRUAL DISTURBANCE

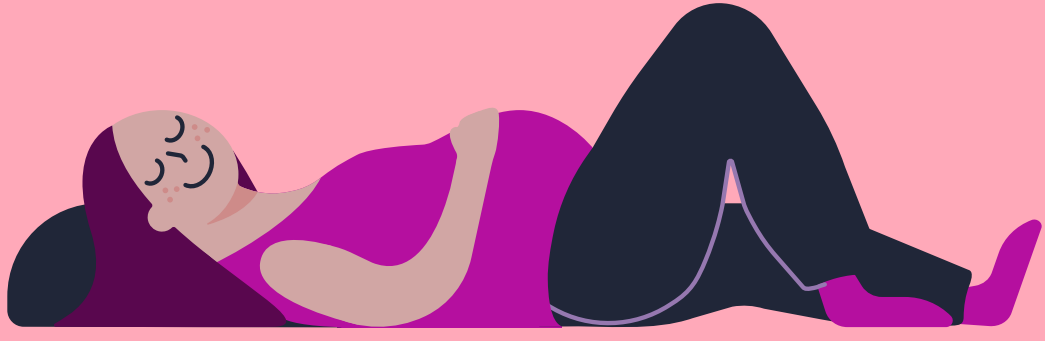
Menstrual disturbance includes:

Loss/infrequency of menstrual periods (i.e. Amenorrhea or Oligomenorrhea)

Raised levels of hormones that increase the production of sex hormones and stimulate production of ova (i.e. Gonadotropins)

Low Estradiol (female hormone)

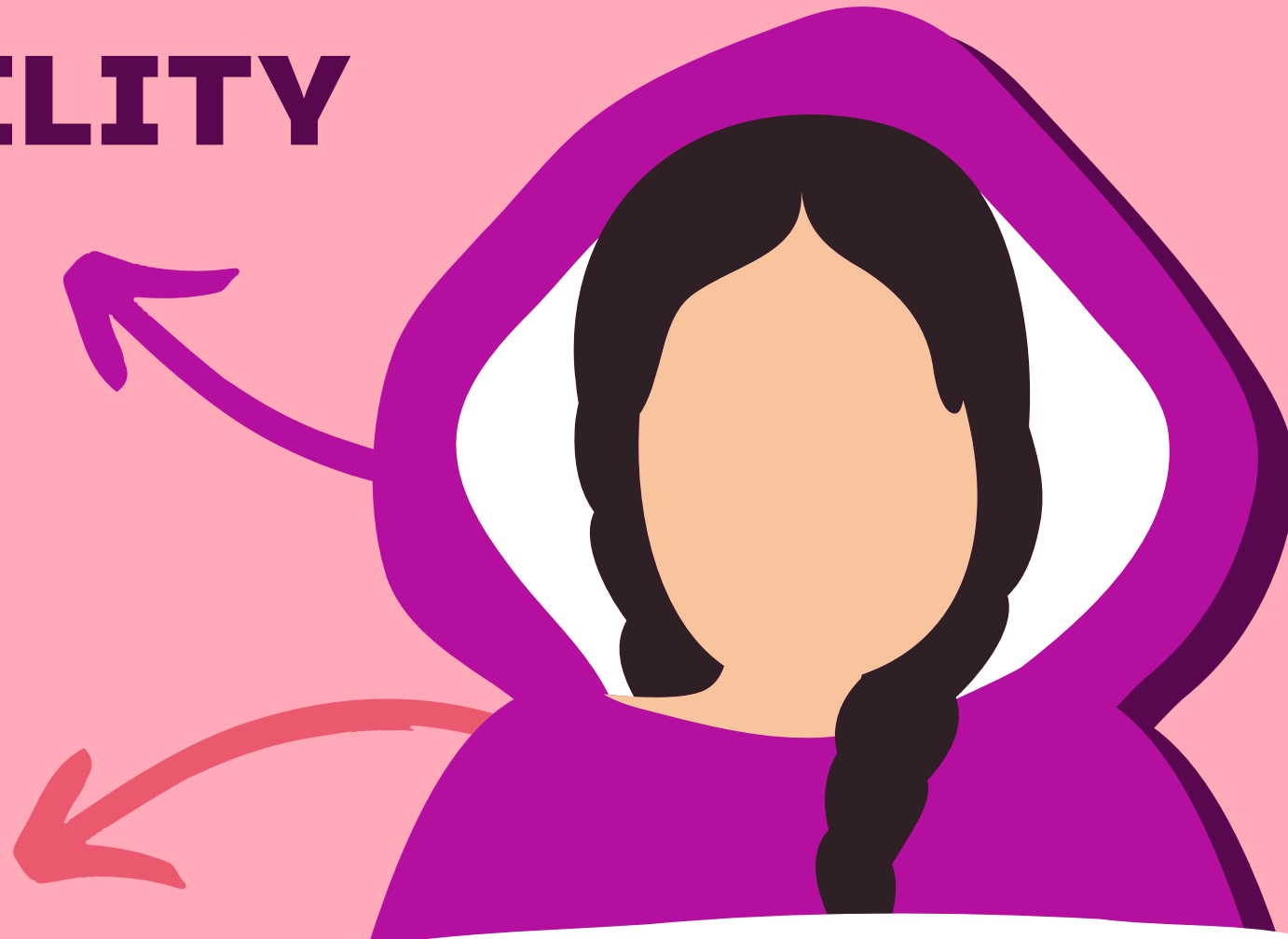




**FERTILITY**

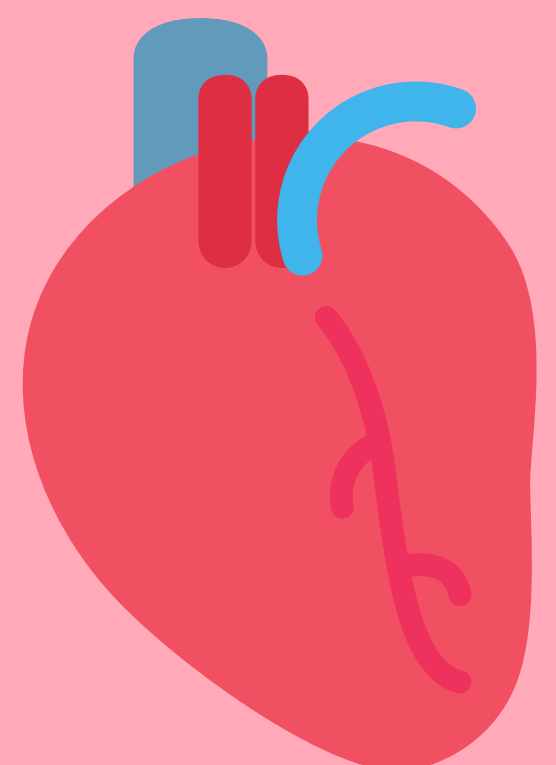


**NEUROLOGICAL  
FUNCTION**



**PREMATURE  
OVARIAN  
INSUFFICIENCY  
MAY AFFECT...**

**BONE  
HEALTH**



**CARDIOVASCULAR  
HEALTH**

**POI & EARLY MENOPAUSE MAY BE ASSOCIATED  
WITH HIGHER MORTALITY RATES.**



**IT IS NOT YET KNOWN WHETHER LIFESTYLE & ENVIRONMENTAL FACTORS RELATE TO REPRODUCTIVE AGEING.**

**IN A STUDY INVOLVING 3000 WOMEN, BIOLOGICAL AGEING IS FOUND TO BE SIGNIFICANTLY ASSOCIATED WITH EARLIER MENOPAUSE AND SURGICAL REMOVAL OF BOTH OVARIES. (LEVINE ET AL, 2016)**

**THESE CONDITIONS HIGHLIGHT THE IMPORTANCE OF REPRODUCTIVE AGEING AND ITS EFFECTS ON THE GENERAL HEALTH-SPAN AND WELL-BEING OF WOMEN.**



**ACRLE AIMS TO DISCOVER INNOVATIVE SOLUTIONS TO CARE FOR WOMEN SUFFERING FROM POI AND MENOPAUSE.**



**Bia-Echo Asia Centre for Reproductive Longevity & Equality  
Yong Loo Lin School of Medicine**