



For more information on IPOFA or to speak with a volunteer about support and membership, contact us

By Phone:
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By Email:
membersupport@ipofa.org

By USPS:
P.O. Box 23643
Alexandria, VA 22304

On-Line:
www.ipofa.org



To receive information on current research, newsletters, on-line support, and more

***join today at
www.ipofa.org!***

Your membership dollars help us to continue to reach women with POF worldwide!

IPOFA
P.O. Box 23643
Alexandria, VA 22304

Premature Ovarian Failure

Information & Support

Presented by:



**Serving women with premature ovarian failure,
premature/primary ovarian insufficiency, and
premature menopause**

POF Facts:

POF is the loss of ovarian function prior to the age of 40. This is too young of an age to be considered natural menopause. It can occur as early as the teen years. Approximately 1-4% of the female population has POF.

Symptoms include:

- Missing periods
- Hot flashes
- Night sweats
- Sleep disruption
- Mood swings
- Vaginal dryness
- Energy loss
- Dry eyes
- Painful sex
- Bladder control problems
- Low sex drive

Consequences of POF: Health concerns

include infertility, osteoporosis, and increased risk of heart disease. Approximately 6-8% of women will become pregnant after this diagnosis due to spontaneous ovulation. However, there is no way currently to predict who those women will be.

Treatment is essential! We strongly urge

you to work with your reproductive endocrinologist, gynecologist, or primary care provider to begin hormone replacement therapy appropriate for you. You will want to be tested to ensure you are treating any of the other associated conditions if applicable.

Support: To speak to others with POF on-line or in person, go to our website today at www.ipofa.org.

Possible causes of POF

Many times the cause of POF is unknown.

For a few women, some causes include:

- Chromosomal/Genetic
- Turner Syndrome
- Swyer Syndrome
- Androgen Insensitivity Syndrome
- Premutation of Fragile X
- Enzyme Defects/Metabolic
- Galactosemia
- Thalassaemia major treated with multiple blood transfusions
- Hemochromatosis
- Chemotherapy/Radiation therapy related
- Surgical
- Removal of the ovaries
- Multiple ovarian surgeries
- Viral infection
- Abnormal gonadotropin (FSH & LH) secretion or action

Autoimmune Diseases associated with POF:

- Thyroid dysfunction
- Polyglandular failure I & II
- Hypoparathyroidism
- Rheumatoid Arthritis
- Idiopathic thrombocytopenia purpura (ITP)
- Diabetes
- Pernicious Anemia
- Adrenal insufficiency
- Vitiligo
- Systemic lupus erythematosus (SLE/Lupus)

Always consult your healthcare provider before beginning any new regimen or medication.

Our Mission: To provide community, support, and information to women with Premature Ovarian Failure (POF) and their loved ones; to increase public awareness and understanding of POF; and to work with health care professionals to better understand this condition.

Living with Premature Ovarian Failure (POF) can be a complex and confusing journey. Everyone's path is slightly different but we are here to help you navigate these uncharted waters by equipping you with resources, information, and support. POF is also referred to as premature menopause and premature/primary ovarian insufficiency.

If you're reading this, you probably need information about POF for yourself or a loved one. You may be worried about what POF means to your future. Thinking about POF can be scary, but we believe that receiving support and information is comforting and empowering. This brochure is designed as a brief outline on the basics of POF. We recommend you go through this and any other information you may receive with your healthcare provider. Because there are many ways that women come to this diagnosis, treatment is very individualized.

As you navigate through the information and determine what it means for you, remember that our website contains additional information and support designed to help you learn about POF, stay up to date with the latest research, meet other women with POF, take control of your health care, and guide you through the various aspects of living with POF.