

About Premature Ovarian Failure (#16)

Premature ovarian failure or early menopause is diagnosed through blood tests and a history of irregular cycles. If you have this diagnosis, ask about the following tests:

1. Have cycle day 3 FSH and estradiol blood levels been drawn?
2. Have you discussed the clomiphene challenge test with your doctor?
3. Have inhibin B levels been checked on cycle day 3?
4. Has an ultrasound been done to look at the immature follicles and ovarian size?
5. Has a thyroid stimulating hormone blood test (TSH) been done?
6. Has a blood test for ovarian antibodies been done?

Other Issues to Consider:

- Vaginal dryness is not uncommon, Replense™ is a non-prescription product that helps with lubrication.
- Have an annual Pap smear.
- Get a mammogram done yearly.
- Get a baseline bone density test done.
- Add additional calcium to your diet (1,500 mg daily), either carbonate or gluconate, and try to eat milk, cheese, yogurt, green vegetables, canned salmon, or canned sardines, all of which have calcium.
- For hot flashes, vitamins E, B, C and ginseng may be of some help. Avoid caffeine and alcohol. Drink plenty of water. Avoid polyester fabrics, as they retain moisture. Try cotton and other natural fabrics or polypro-pylene that keep moisture away from your skin.
- Start an exercise program that involves putting pressure on the long bones such as walking, tennis, dancing, or biking.

HELPFUL RESOURCES

National Osteoporosis Foundation
2100 M Street, NW
Washington, DC 20037
202/223-2226

North American Menopause Society
c/o Cleveland Menopause Clinic
29001 Cedar Road, #600
Cleveland, OH 44124
216/442-4747

Further information on this topic is available through RESOLVE fact sheets. For a publications order form, go online to www.resolve.org. You can also contact RESOLVE Headquarters at 1760 Old Meadow Rd, Ste 500, McLean, VA 22102 or 703.556.7172.

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