

ARE YOU AT RISK FOR EARLY MENOPAUSE

by **Dr. Mache**
Seibel



Did you know that 5 to 10% of women enter menopause before age 46? That's called early menopause. Menopause before age 40 is called premature menopause or Primary Ovarian Insufficiency (POI). It happens in about 1 percent of women. The symptoms can start up to 10 years before that.

Use this checklist to discover if you are at risk. If you check any of the boxes and are under the age of 46, talk with your healthcare provider.*

EARLY MENOPAUSE CHECKLIST

- ☐ A history of chemotherapy or radiation
- ☐ A history of surgery on your ovaries or removal of one ovary
- ☐ Removal of both ovaries – this will throw you into early menopause immediately
- ☐ A history of autoimmune disease such as thyroiditis or rheumatoid arthritis
- ☐ A seizure disorder
- ☐ Had your uterus removed (hysterectomy)
- ☐ Chromosome defects such as Trisomy 13 and 18 (the 13th or 18th chromosome has an extra chromosome); Turner's Syndrome (born with an incomplete chromosome; and Fragile X (an X chromosome mutation).
- ☐ A history of long term smoking especially combined with prenatal exposure to smoke
- ☐ Extreme thinness, especially when due to an eating disorder
- ☐ A history of infertility
- ☐ Endometriosis and endometriosis treatment
- ☐ Repeated unsuccessful In Vitro Fertilization cycles
- ☐ Menstrual irregularities
- ☐ Environmental toxin exposure, particular to those called endocrine-disrupting chemicals or EDCs
- ☐ Hot flashes
- ☐ Night sweats
- ☐ Trouble sleeping
- ☐ Loss of bladder control
- ☐ Moodiness
- ☐ Vaginal dryness

** This information is intended for educational purposes only and to be used for medical care or diagnosis. If you have concerns or a medical emergency, contact your healthcare provider.*