

Monash Centre for Health Research and Implementation (MCHRI)



Better Care, Better Equity, Better Health

MCHRI builds on a highly successful partnership between Victoria's largest health service, Monash Health and one of our largest Universities, Monash University and brings national and international leadership and reach in women's health, public health and wellbeing.

Includes 3 Centres of Research Excellence in women's health including the
CRE Women's Health in Reproductive Life (CRE WHiRL)

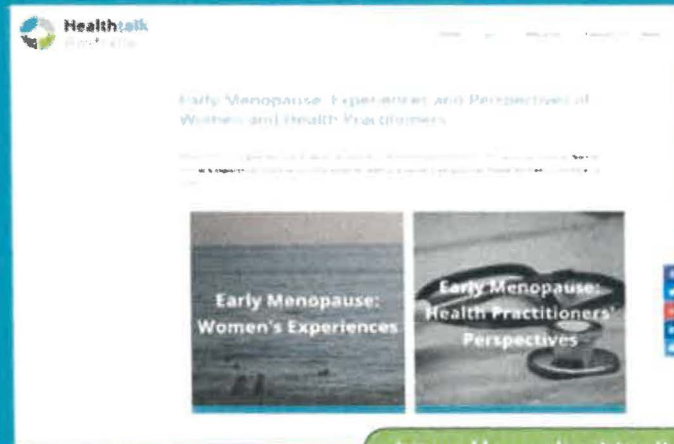
Associate Professor Amanda Vincent, Head of Early Menopause and Co-lead of Early Menopause Stream CRE WHiRL

Community resources: www.mchri.org | Academic : www.monash.edu/medicine/mchri

Healthtalk Australia - Early Menopause Women's Experiences

MCHRI provides the clinical leadership and research.

Co-designed resources for women and health professionals



<https://www.healthtalkaustralia.org>



Women:

- Audio/ video clips of women's stories
- Question prompt list
- Evidence based information
- Downloadable fact sheets
- Link to other resources

Health professionals:

- Video/ audio clips
- Diagnosis and management care plans
- Links to other resources

Yeganeh L et al. Sem Reprod Med. 2020;38:315

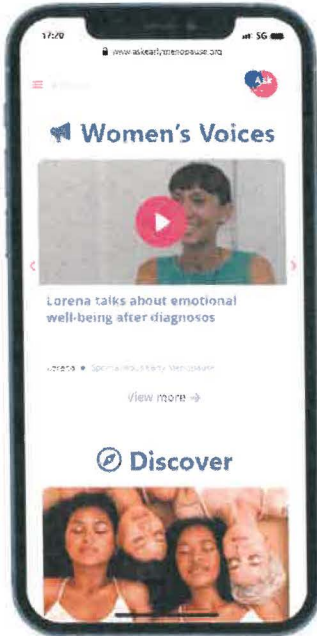
MCHRI'S DIGITAL HEALTH APPS



Ask Early Menopause



www.askearlymenopause.org



- 6.7K users
- 60% AUS users
- 109 countries

Incorporates the latest evidence-based POI Guideline.

Helps women with early menopause find trustworthy information from leading experts.

Tools include a personal dashboard to track symptoms, hear lived experience from other women, share experiences in a moderated discussion forum. Being extended to include a self care and shared decision making tool.

Ask PCOS



www.askpcos.org



- 66K users
- 32% AUS users
- 195 countries

Incorporates the latest evidence-based PCOS Guideline.

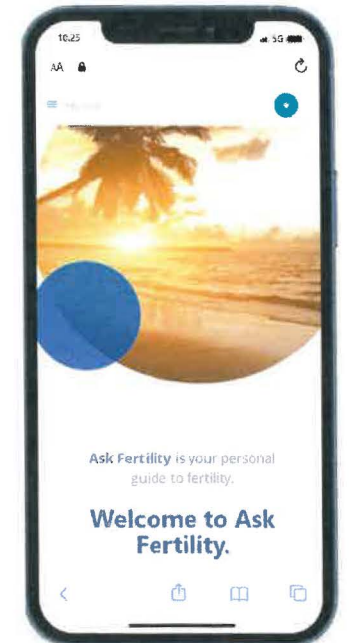
Helps women with polycystic ovary syndrome (PCOS) find evidence based information from leading experts.

Tools include a symptom tracker, a discussion forum with a community of women with PCOS. Resources to find the healthiest possible lifestyle and decide on the best management options. A question prompt list to prepare for consultation with health professionals. Being extended to include a self care and shared decision making tool.

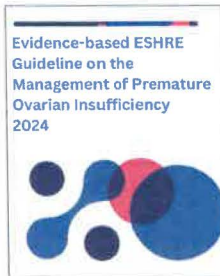
Ask Fertility



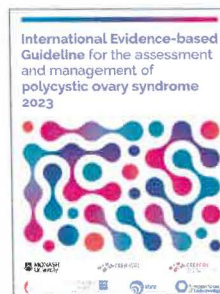
Coming in 2024



3 International Guidelines

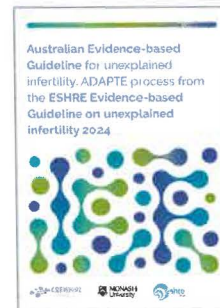


POI Guideline - to be published Oct 2024



**Guideline reach exemplified by
PCOS Guideline - published in Sept 2023**

- Over 1M views
- Used in 195 countries



Infertility Guideline - to be published Sept 2024

Work and Early menopause



IMPACT

- Intact Uninterrupted
- Intact Interrupted



- Altered Recalibrated
- Altered Arrested

Decreasing education level
Lower socioeconomic status
Fewer financial resources
Greater caring responsibilities
Fewer family supports
Migrant background

Less flexible work place
Private or self employed
Lower status role
High visibility role
Less autonomy
Casual employment
Lack of sick leave

Iatrogenic cause of EM
Increasing medical complexity

Johnston-Ataata et al., Maturitas 2024

Early Menopause:

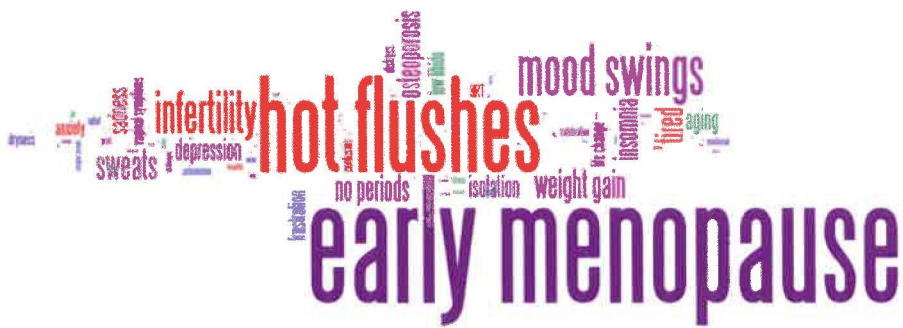
- **Unknown**
- **Underdiagnosed**
- **Undertreated**

- **Early menopause** is menopause occurring before age 45 years. **Premature menopause or premature ovarian insufficiency** is loss of ovarian function before age 40 years [1,2].
- Affects 12% of women [1,3], with **270,206 Australian women aged 15-44 years** potentially affected in 2021 (www.abs.gov.au)
- Early menopause occurs spontaneously or as a result of medical treatments (chemotherapy, radiotherapy, surgical removal of ovaries) [2].
 - For most women, the cause of spontaneous early menopause is unknown.
 - Increasing cancer survivorship and risk reducing or endometriosis surgery means more women are living with early menopause. In 2016, there were **19,147 female cancer survivors aged 20-39** (www.aihw.gov.au/reports/cancer)
- Early menopause is associated with **negative impacts on physical, mental, and social well-being**, including infertility [3]
 - 36-87% increased risk of heart disease
 - Increased anxiety, depression
 - 2 fold increased risk of osteoporosis
 - 46% increased risk of dementia
 - 12-67% increased risk of death(www.eshre.eu/Guidelines-and-Legal/Guidelines/Management-of-premature-ovarian-insufficiency)
- 60-80% of Australian women aged 15-44 years participate in work. (www.abs.gov.au/statistics/labour)
 - Early menopause can adversely influence women's work experience and vocational trajectory [4].



“Early Menopause changes you. You physically have changed. You emotionally change. You psychologically change.”

**Parliamentary
roundtable, Canberra
March 7, 2023**



Women's perceptions of early menopause



Problem:

- Consumer and clinician knowledge gaps with unmet information needs [5,6,7,8]
- Delayed diagnosis [5]
- Lack of access to care and care variation [9]
- Dissatisfaction with diagnosis and care [5]
- Suboptimal health related behaviours [6,10]
- Suboptimal health outcomes and decreased quality of life [2].

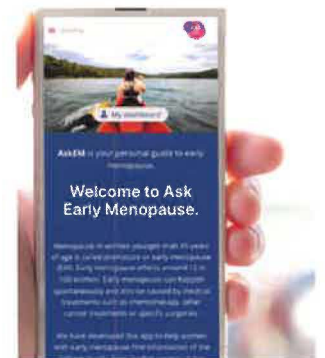
Need for:

- **Empowerment and equity**
- **Education**
- **Evidence**

Recommendations to help meet these needs:

- Include early menopause as part of a national action plan for menopause
- Undertake a national early menopause public awareness and health literacy campaign
 - Co-designed resources to provide information and support self-management: extend Ask Early Menopause App [11]
 - Facilitate supportive workplaces
- Health practitioner education to address gaps in diagnosis and care
 - Partner with relevant organisations
 - Link to evidence based guidelines.
- Health service delivery: support new models of care and access
 - State-federal partnerships
 - Support hybrid consults including both in-person and telehealth [12]
 - Nurse practitioners- Women's health certificate for nurses aligned to evidence based guidelines
- Support for research to facilitate evidence based care
 - MRFF initiative for menopause research

"Too young for menopause"



1. Throughout this paper the term women will be used, whilst acknowledging that non-binary and trans men also may experience menopause symptoms/early menopause.
 2. Panay N, Anderson R, Nappi R, et al. *Climacteric*. 2020; 23: 426–46. 3. Golezar S, Ramezani Tehrani F, et al. *Climacteric*. 2019; 22: 403–11. 4. Vincent A, Johnston Ataata K, Fore J et al. Working with and through early menopause: 'On-the-job' experiences and vocational trajectories. Manuscript in preparation. 5. Deeks AA, Gibson-Helm M, Teede H, Vincent A. *Climacteric*. 2011; 14: 565–72. 6. Gibson-Helm M, Teede H, Vincent A. *Climacteric*. 2014; 17: 666–73. 7. Yeganeh L, Khan NN, Boyle JA, et al. *Menopause*. 2020; 27: 102–9. 8. Yeganeh L, Boyle J, Teede H, Vincent A. *Climacteric*. 2017; 20: 348–55. 9. Sayakhot P, Teede H, Gibson-Helm M, Vincent A. *Climacteric*. 2013; 16: 479–89. 10. Goh M, Nguyen HH, Khan NN, et al. *Clin Endocrinol*. 2019; 91: 498–507. 11. Yeganeh L, Johnston-Ataata K, Vincent AJ, et al. *Semin Reprod Med*. 2020; 38: 315–22. 12. Kozica-Olenski SL, Garth B, Boyle JA, Vincent AJ. *Climacteric*. 2023; 26: 34–46.