

Monash Centre for Health Research and Implementation (MCHRI)



Better Care, Better Equity, Better Health

Delivering health impact by partnering with stakeholders to co-create knowledge and use implementation to deliver impact through equitable, quality healthcare and public health.

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

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

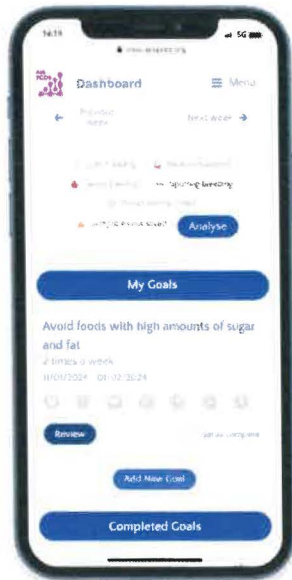
Director: Professor Helena Teede AM



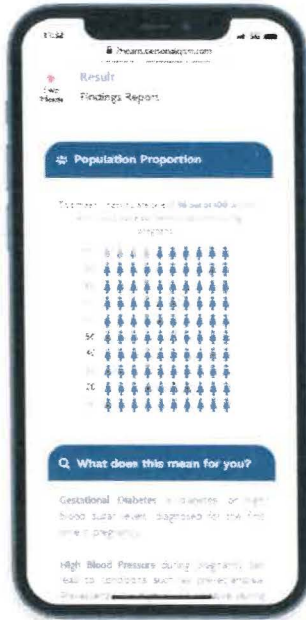
MCHRI'S SCALABLE DIGITAL HEALTH TOOLS



Consumer/ Self Management Apps



Risk Calculators



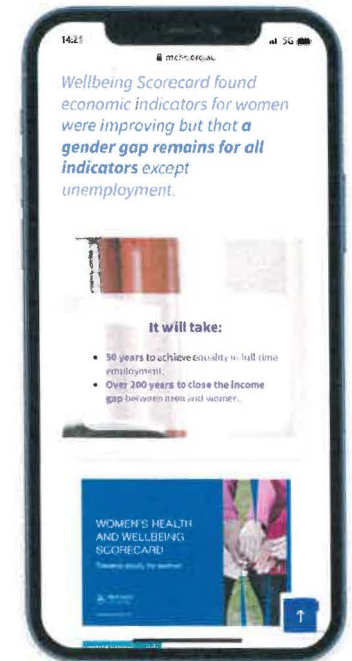
Lifestyle Interventions



Change Implementation in Health and Advancing Women in Leadership Toolkits



Interactive Women's Health & Wellbeing Scorecard



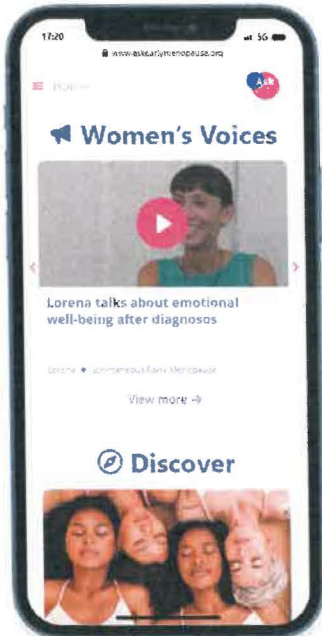
MCHRI'S DIGITAL HEALTH APPS



Ask Early Menopause



www.askearlymenopause.org



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

Incorporates the latest evidence-based POI Guideline.

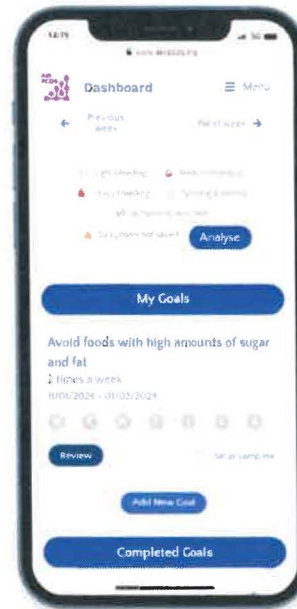
Helps women with early menopause find trustworthy information from leading experts.

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.

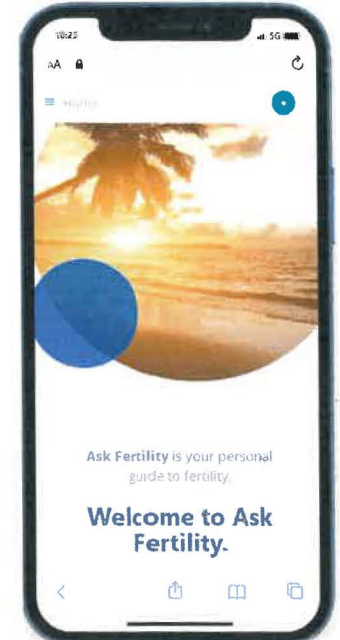
Helps women with polycystic ovary syndrome (PCOS) find evidence based information from leading experts.

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



Healthtalk Australia - Early Menopause Women's Experiences

MCHRI provides the clinical leadership and research.



Home Topics About Us Contact Us News

EARLY MENOPAUSE
Women's experiences

WOMEN'S PROFILES

Spontaneous early
menopause

Kirsty

Jessica

Sonia

Debra

Melinda

Anna

Ella

Vicki

Jenni

Women's Profiles



Kirsty was 31 when she was diagnosed with POI after her periods stopped following a miscarriage...
[Read more...](#)



Jessica was 39 when she was diagnosed with spontaneous POI & is concerned about long term impacts...
[Read more...](#)



Sonia was diagnosed with early menopause and Hashimoto's Disease (a thyroid condition) at age 40 after...
[Read more...](#)



Debra was diagnosed with spontaneous EM at 40, following diagnoses of glandular fever and...
[Read more...](#)

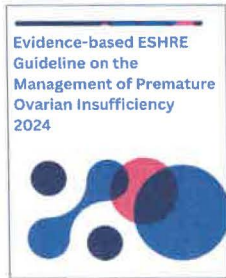


Melinda was diagnosed at age 42 after an unsuccessful attempt to conceive a second child through IVF...
[Read more...](#)

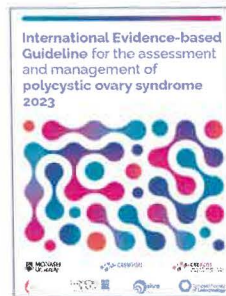


Anna was diagnosed at age 35, after seeking medical advice for irregular periods and night sweats...
[Read more...](#)

3 International Guidelines

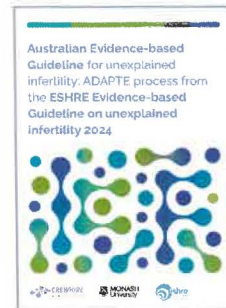


Early Menopause Guideline - to be published Oct 2024



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

- Over 1M views
- Used in 195 countries



Infertility Guideline - to be published Sept 2024

