

Australia focuses on new guidelines for early menopause diagnosis and management

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More information urgently needed about the unmet needs of people going through early menopause



Australia's University of Queensland (UQ) research has led to the development of a practical framework to help medical professionals around the world diagnose and manage early menopause.

Led by Professor Gita Mishra from UQ's Faculty of Medicine, the study found women who go through early menopause are often unable to access timely diagnosis and effective treatment and maybe at higher risk of chronic disease, like osteoporosis and heart disease.

The study recommends that instead of applying distinct age thresholds, early menopause should be seen on a spectrum between premature ovarian insufficiency (menopause before 40) and menopause at the average age of 50 – 51 years.

"We recommend a more holistic and individualised care approach to managing early menopause," Professor Mishra said.

The study also highlighted the need for more research in the areas of early menopause and premature ovarian insufficiency. There are important evidence gaps, particularly in middle- and low-income countries, around the causes, the associated health risks, and optimal management of early menopause.