

# The Chimera Project

## Creating awareness of Premature Ovarian Insufficiency

MISS LAURA SMITH AND DR CIARA O'KEEFFE

### Introduction

Premature Ovarian Insufficiency (POI) affects 1/100 under the age of 30 and 1/1000 under the age of 40. It is defined as menopause occurring under 40, including patients with Turners syndrome. If the disease onset was before 40 years of age but the patient was not formally diagnosed until after her 40 birthday this is still considered POI, but potentially a missed diagnosis.

Due to reduced awareness of POI patients often struggle to receive a diagnosis, particularly in the primary setting. Many patients are discovered when they seek out infertility investigations.

The ESHRE Guideline was published in 2016 based on data from 2014. from the 61 recommendations 33 were based on expert opinion, and graded as GPP. 12 recommendations were based on good quality evidence and 14 were formulated as GPP.

### POI is a Chronic Life changing diagnosis Affecting

- Fertility
- Bone Health
- Cardiovascular health
- Psychosexual health
- Psychological function
- Neurological function

*Lonely-Barren-Depressed-  
Hopeless-Gaslit-Excluded-  
Isolated -Dismissed-Bereft-  
Ugly-Devastated-  
Damaged-Suicidal-Shock-  
Grief-Derailed-Lost-  
Shrivelled- Sad-Refining-  
Heartbroken*

### Method

This project was carried out by interviewing patients with POI who were treated at Chelsea and Westminster menopause clinic.

This Clinic established a support group and patients were approached to be involved in the project.

### Video Link

Please enjoy our awareness video

<https://we.tl/t-W6nfODJtU3>

### References

ESHRE Guideline: management of women with premature ovarian insufficiency. Human Reproduction, Vol.31, No.5pp. 926-927,2016.

[ciaraokeeffe2@waterstone.com](mailto:ciaraokeeffe2@waterstone.com),  
[hello@laurasmithdirect-org.com](mailto:hello@laurasmithdirect-org.com)

