

QUESTIONS TO ASK
About Premature Ovarian Failure (#16)

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Premature ovarian failure or early menopause is diagnosed through blood tests and a history of irregular cycles. If you have this diagnosis, ask about the following tests:

- ! Have thyroid tests been done, including thyroid antibodies?.
- ! Has a blood test for ovarian antibodies been done?
- ! Has your sedimentation rate (a blood test) been checked?
- ! Have repeat cycle day 3 FSH and estradiol blood levels been drawn?
- ! Have you discussed the clomiphene challenge test with your doctor?

Other Issues to Consider:

- § Vaginal dryness is not uncommon, Replense is a non-prescription product that helps with lubrication.
- ! Have an annual Pap smear.
- ! Get a mammogram done yearly.
- ! Get a baseline bone density test done.
- ! Add additional calcium to your diet (1,500 mg daily), either carbonate or gluconate, and try to eat milk, cheese, yogurt, green vegetables, canned salmon, or canned sardines, all of which have calcium.
- ! For hot flashes, vitamins E, B, C and ginseng may be of some help. Avoid caffeine and alcohol. Drink plenty of water. Avoid polyester fabrics, as they retain moisture. Try cotton and other natural fabrics or polypropylene that keep moisture away from your skin.
- ! Start an exercise program that involves putting pressure on the long bones such as walking, tennis, dancing, or biking.

HELPFUL RESOURCES

National Osteoporosis Foundation
2100 M Street, NW
Washington, DC 20037
202/223-2226

North American Menopause Society
c/o Cleveland Menopause Clinic
29001 Cedar Road, #600
Cleveland, OH 44124
216/442-4747

Further information on this topic is available through RESOLVE fact sheets. For a publications order form, please contact the local chapter or National RESOLVE Office at 1310 Broadway, Somerville, MA 02144-1731 or 617/623-0744.

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