

**EMBARGOED UNTIL 12:01 A.M. EST
WEDNESDAY, JUNE 24, 2026**



**The
Menopause
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Leading the Conversation

Contact:

The Menopause Society

Ella Adams (eadams@fallsandco.com)

Phone: (216) 696-0229

Psychological and Urogenital Menopause Symptoms Similar Regardless of Timing of Menopause

New study demonstrates that menopause symptoms are common and frequently severe in both women with menopause at the average age and those with premature ovarian insufficiency

CLEVELAND, Ohio (June 24, 2026)—There has been a lot of discussion about how the age at menopause can affect menopause symptoms. A new study compared the prevalence and severity of menopause symptoms in women experiencing menopause around the average age of 51 years and those with premature ovarian insufficiency, showing similar symptom burden in the psychological and urogenital domains. Study results are published online today in *Menopause*, the journal of The Menopause Society.

Premature ovarian insufficiency (POI) is the loss of ovarian function before age 40, leading to an earlier onset of symptoms and other long-term health consequences. Some of the most common menopause symptoms are hot flashes and night sweats, vaginal dryness and itching, urinary frequency or urgency, frequent urinary tract infections, joint pain, mood changes, memory lapses, hair and skin changes, and sexual dysfunction. All of these symptoms, either alone or together, can dramatically affect a woman's quality of life. The loss of estrogen during the menopause transition can also increase a woman's risk of cardiovascular disease and osteoporosis.

Although prior research has shown that women with POI have significantly lower health-related quality of life scores, few studies have compared symptoms between women experiencing menopause at the average age and those with POI. This new study involving more than 500 women analyzed the differences between the two patient groups and found that overall symptom burden was significantly higher for women experiencing menopause at an average age. However, there were no significant differences found in psychological or urogenital symptom scores between the two groups, with urogenital symptoms being the most commonly reported in both groups. This category includes sexual problems, bladder problems (including incontinence), dryness or burning of the vagina, and pain during intercourse.

Based on the results, the researchers concluded that menopause symptoms are common and frequently severe in both groups, even though women experiencing menopause at the average age experience greater symptom burden across the board, with the exception of psychological and urogenital symptoms. These results emphasize the need for timely and effective management of symptoms associated with the loss of estrogen, with particular attention paid to urogenital and sexual health for women experiencing menopause at any age.

Survey results are published in the article "Menopausal symptoms in average-age menopause and premature ovarian insufficiency."

"These findings highlight the burden of menopause symptoms in young patients with premature ovarian insufficiency and underscore the importance of proactive, comprehensive symptom screening in all

women experiencing perimenopause or menopause,” says Dr. Stephanie Faubion, medical director for The Menopause Society.

For more information about menopause and healthy aging, visit www.menopause.org.

The Menopause Society is dedicated to empowering healthcare professionals and providing them with the tools and resources to improve the health of women during the menopause transition and beyond. As the leading authority on menopause since 1989, the nonprofit, multidisciplinary organization serves as the independent, evidence-based resource for healthcare professionals, researchers, the media, and the public and leads the conversation about improving women’s health and healthcare experiences. To learn more, visit menopause.org.