

ONE DIAGNOSIS. THREE DECADES.

How ovarian aging shows up
in your 20s, 40s, 50s



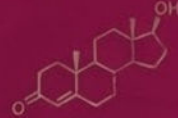
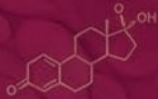
20s



40s



50s



Allison Groff, MD, MPH, FACOG, DABOM
Center for Advanced Gyn & Urogynecology



The Three Decades

Same biology. Different lives.



What We Miss

It's not just hot flashes



BONE



BRAIN



HEART

MOOD 

COGNITION



GENITOURINARY



THE CALL TO ACTION

NAME IT ACCURATELY. AGE MATTERS.



- Primary ovarian insufficiency



- Perimenopause



- Menopause

IDENTIFY IT EARLIER.



Menstrual irregularities and symptoms warrant a work-up



TREAT IT BETTER



Counseling, joint decision making



MENOPAUSE CARE IS HEALTHCARE.

RESOURCES



Professional Education

The Menopause Society. *2025 Annual Meeting* (Orlando, FL; Oct 21–25, 2025).



Key Clinical References

- Davis, S. R., et al. (2023). The 2023 Practitioner's Toolkit for Managing Menopause. *Climacteric*, **26**(6), 517–536. <https://doi.org/10.1080/13697137.2023.2258783>
 - Baik SH, et al. (2024). Use of menopausal hormone therapy beyond age 65 years and its effects on women's health outcomes by types, routes, and doses. *Menopause*, **31**(5), 363–371. doi:10.1097/GME.00000000000002335
 - Panay N, et al. (2024). Menopause and MHT in 2024, Maki P, Nappi RE; International Society Board. *Menopause and MHT in 2024: addressing the key controversies – Climacteric*, **27**(5), 441–457. doi:10.1080/13697137.2024.2394950
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Patient Support / Advocacy

My28Days.org — patient education and support resources.