

PRIMARY OVARIAN INSUFFICIENCY LIFESTYLE PRESCRIPTION

Evidence-based habits to support whole-person health with POI.

Level A

Strong / RCT evidence

Level B

Moderate / observational evidence



1 • Physical activity & exercise

Aerobic + resistance + mind-body

Level A

PRESCRIPTION

- 150–300 min/wk moderate aerobic activity
- 2x / wk resistance training
- Yoga / tai chi 2–3x/wk
- Pelvic floor exercises daily

Brisk walking, swimming, cycling, dancing...

Something you enjoy

Find a buddy

POI BENEFITS

- Reduces hot flush frequency & severity
- Improves sleep quality & mood
- Preserves bone density (BMD)
- Supports musculoskeletal system
- Reduces cardiovascular risk
- Maintains lean muscle mass
- Supports weight maintenance and metabolism



2 • Nutrition & dietary patterns

Whole-food, plant-forward diet

Level A

PRESCRIPTION

- Whole food, plant-based, mediterranean dietary pattern
- Add soy, flaxseed, beans, fermented foods, grains, nuts, unsaturated fats, tofu, edamame, as tolerated
- Calcium 1,200 mg/day (food-first)
- Vitamin D 1,500–2,000 IU/day
- Avoid processed foods
- Fiber 25gm/day
- Protein 1–1.2 gr/kg/day (plant source preferred)
- Sugar < 25 g/day
- Hydration / water 8+ glasses / day
- Avoid/reduce spicy foods if they trigger hot flashes
- Decrease calorie intake about 300 kcal/ day to meet decrease in need

Daily joy: gardening, music, nature, hobbies

POI BENEFITS

- Supports bone health
- Appropriate for metabolism changes in midlife
- Lowers CVD & type 2 DM risk and metabolic syndrome
- Improves gut microbiome



3 • Restorative sleep

Sleep hygiene & circadian health

Level B

PRESCRIPTION

- 7–9 hours sleep per night
- Consistent sleep-wake schedule
- Cool, dark bedroom (< 18–20 °C)
- CBT-I (cognitive behavioural therapy for insomnia)
- Avoid screens 60 min before bed
- Bright light in the morning

Can't fall asleep: sleep hygiene, calming routine

Interrupted sleep/Night sweats: cooling techniques

Waking too early: Don't check clock/phone;

body scan or meditation, CBT

POI BENEFITS

- Reduces night-sweat disruption
- Improves mood, cognition & energy
- Supports healthy weight regulation
- Lowers cortisol & inflammation
- Reduced cardiovascular events



4 • Stress management & mental wellbeing

Mind-body practices & psychological support

Level A

PRESCRIPTION

- Mindfulness-based stress reduction (MBSR)
- Diaphragmatic breathing / paced respiration
- CBT for mood & anxiety
- Invest in social connection & community
- Engagement & hobbies
- Journaling / gratitude practice

Daily joy: gardening, music, nature, hobbies

POI BENEFITS

- ↓ Hot flush perception & distress
- Reduces depression & anxiety
- Improves cognitive function
- Enhances quality of life scores
- Enhances resilience and self-efficacy



5 • Avoidance of harmful substances

Tobacco, alcohol & environmental toxins

Level A

PRESCRIPTION

- Quit smoking
- Alcohol ≤ 1 standard drink/day (ideally none)
- Avoid endocrine-disrupting chemicals (BPA, Phthalates)
- Limit caffeine if worsening flushes or insomnia
- Step toxic relationships

POI BENEFITS

- Smoking has adverse effects on female fertility
- Reduced osteoporosis & fracture risk
- Lower breast cancer & CVD risk
- Better sleep & mood



6 • Social connection & purposeful living

Relationships, purpose & health literacy

Level B

PRESCRIPTION

- Identify & pursue sense of purpose / ikigai
- Peer support groups (in-person or digital)
- Menopause health literacy & self-advocacy
- Volunteering / community engagement

Find your people

Value time:

Adapted from ACLM materials.

POI BENEFITS

- Improves treatment adherence
- Protects mental health with POI
- Supports healthy behaviour change
- Improves quality of life

- Pick ONE pillar to focus on every week. Small changes add up.
 - Track your symptoms and habits — even tiny wins matter — to see what works for you.
- Self-monitoring is one of the strongest predictors of behavior change.