



NZEMail

October 2013

Newsletter for the NZ Early Menopause Support Group

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Resources for members

Available now:

[NZEM Reference Library](#)

[NZEM Newsletter Archive](#)

[AMS Information Sheets](#)

Available on request:

[AMS Newsletters](#)

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Hi ladies,

Firstly I must apologise for my silence this year. It's been a challenging one for me and my husband but we're getting there now, with a lot of help from God and our church community. Thank you for all your lovely words of support and encouragement.

Things have been quite quiet on the support group front this year and with POF, generally, in the news. Until this week, that is! Which is why I have felt so inspired to write to you. As you'll read below, there's been a wonderful breakthrough in the area of POF infertility. The future for newly diagnosed women looks a shade or two brighter now, as we await the day 'ovary activation' becomes a mainstream fertility treatment. We are seeing the dawning of a new era for women with POF and I find it incredibly exciting.

I hope you are doing well in your own little corner of this beautiful country. If you're in the north of the north Island, I hope to see you at our get-together in late November/early December (see below for more details). If not, I hope we can keep in touch via email. I'd love to hear from you.

I hope you enjoy this mini version of our newsletter.

Nicole x

Contact Us

website:

www.earlymenopause.org.nz

email:

nzem.info@nzord.org.nz

forum:

www.nzordforums.org.nz



Breaking News

IVA Fertility Breakthrough

When I was diagnosed with Premature Ovarian Failure at age 30, I was told there was no point investigating how many eggs I had left as there was no procedure available to stimulate them into maturing enough for IVF treatment. Donor eggs were my only option. Tuesday's announcement of the birth of a child from a new fertility technique 'In Vitro Activation' heralds in a new era for the 1% of women diagnosed with this life changing diagnosis. We eagerly await the time it becomes available to all.

Read the full  article – the support group got great publicity, too!

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Group News

New members

It's been a quiet year on the membership front, but we have had four new members join us and I'd like to take a moment to officially welcome Rebecca, Sheridan, Melissa and Ange to our group. I hope we can help you feel less alone with your situation. Please let us know how we can help you and don't forget all the resources on our website, forum and in our library.

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End of Year Get-Together

Sat November 30 or December 7

Rangiriri Hotel, SH1, Waikato

This is a chance for all northern area members to get together and catch up on the year that's been. Let me know which date suits you best and we'll make it happen!

If you're in another part of the country and would like to meet other members of the group, please get in touch with me and I'll do my best to introduce to someone nearby.

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International News



AMS www.menopause.org.au

AMS 2014 Congress in Auckland!

September 26-28

Rendezvous Hotel

I hope NZEM will have a strong presence at this conference and will let you know more about the programme and where we might best fit into it when I've heard back from the organising committee. It'll be a great chance to get the spotlight back on POF while all the delegates are in the country.

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NAMS www.menopause.org

NAMS 24th Annual Meeting

October 9-12, 2013

Dallas, Texas

On Thurs Oct 10 they're holding a session entitled "When ovaries retire too soon". I think it's a great title! In the session they'll be covering POF etiology, diagnosis and cardiovascular health.

Then on Sat Oct 12 they have a session entitled "Bioidentical hormones – what are the issues?"

These two sessions caught my eye. Hopefully they stick to their usual practice of making the notes available after the conference is over.

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Can you help us?

We want to hear your story.

Our website is ever-changing and always needs more personal stories. Newly diagnosed women get so much from hearing the experiences of others. If not your whole story, is there something you've learned that you think might help others on their journey? It can be quite a cathartic thing to write down your experiences, so not only might you help someone else, you're almost certain to help yourself in the process. Please get in touch with me if you'd like to contribute your story to our next issue.

We always need volunteers to keep this support group running.

There are many areas you could help out in:

- Website maintenance (1 or 2 hours per month)
- Forum chat (1 or 2 hours per month)
- Quarterly newsletters - ad hoc contributions gratefully received
- Research round-up (ad hoc)
- Contact with membership (especially newbies)
- Local support co-ordination (1 or 2 hours per month per area)
- Publicity via flyers/specialists/media (1 or 2 hours per month per area)
- Money to donate towards the printing of flyers (or I can send you the PDF and you can get them printed yourself).

I've been amazed how my involvement in this support group has helped me make sense of my own pain by giving back to others. Please email me if you'd like to contribute in some way to the on-going success of this group.

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What's On Guide

North American Menopause Society 24th Annual Meeting

October 9-12, 2013

Dallas, Texas

<http://www.menopause.org/annual-meetings/2013-meeting>

Australasian Menopause Society 18th Annual Congress

September 26 - 28, 2014

Rendezvous Hotel, Auckland, NZ

<http://sapmea.asn.au/conventions/ams2014/>



Australian Early Menopause Network Weekend Get-Together

Queensland, 2014

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nzem.info@nzord.org.nz*