

Premature Menopause Risks

Condition	Risk increase if menopause <40
All-cause mortality	1.5–2× higher
Life expectancy	3–5 years shorter
Coronary heart disease	2× higher
Stroke	1.5–2× higher
Osteoporosis	2× higher
Fractures (hip/major)	1.5–2× higher
Dementia	1.5–2× higher
Depression/anxiety	1.5–2× higher
Type 2 diabetes	~1.2–1.3× higher
Breast/ovarian/endometrial cancer	Lower

Breast cancer: Lifetime risk lower with premature menopause (due to less lifetime estrogen exposure).

Ovarian/endometrial cancer: Reduced.

Overall mortality: Higher because of cardiovascular and bone disease.

Effect of HRT

Estrogen replacement until at least age 50 (physiologic replacement, not “postmenopausal HRT” doses) largely normalizes risks of cardiovascular disease, bone loss, dementia, and premature death. Lifespan and health span approach those of women with natural menopause.

PREMATURE MENOPAUSE AND HEALTH RISKS

Menopause before age 40 is associated with higher risks for various conditions compared to menopause at the average age (51).



All-Cause Mortality

1.5–2x higher
3–5 years shorter life expectancy



Cardiovascular Disease

2x higher coronary heart disease risk
1.5–2x higher stroke risk



Bone Health

2x higher osteoporosis risk
1.5–2x higher fracture risk



Dementia

1.5–2x higher



Depression/Anxiety

1.5–2x higher



Type 2 Diabetes

~1.2–1.3x higher

Estrogen therapy until at least age 50 helps reduce these risks