

THE OVARY OBSERVER



the first
EVER
World POI Day
IS HERE!

RAISING AWARENESS FOR POI ISN'T JUST ABOUT SHARING FACTS, IT'S ABOUT *amplifying voices, breaking the silence, and changing lives."*

Premature Ovarian Insufficiency (POI) is a condition that affects women under 40, with some cases occurring as young as 11 years old. When the ovaries stop functioning as expected, it can lead to infertility, an increased risk of osteoporosis and heart disease, and a significant emotional and physical toll. Despite these serious implications, awareness of POI remains worryingly low, often resulting in delayed diagnoses and inadequate support for those affected.

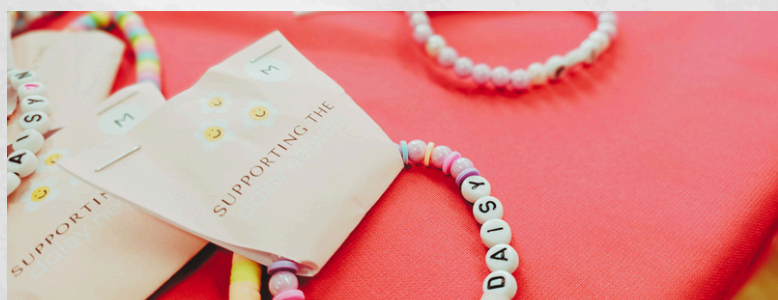
While awareness days exist for menopause, heart disease, and women's health, POI has long needed its own dedicated spotlight. That's why World POI Day was created – a chance to amplify the voices of those living with the condition, push for earlier diagnoses, and ensure better access to healthcare and support networks.

Many women with POI experience years of uncertainty before receiving a diagnosis, often feeling isolated or unheard. The impact extends far beyond physical health, affecting emotional well-being and mental health too. By raising awareness, we can foster a more informed medical community, provide much-needed resources, and offer reassurance to those navigating POI.



you aren't alone IN THIS

Supporting World POI Day means being part of a movement that challenges silence and stigma. It's an opportunity to stand up for women's health, align with a meaningful cause, and help create lasting change in how POI is diagnosed and managed. Every conversation sparked, every story shared, and every effort made contributes to a brighter, more supported future for those affected by POI.



“Daisy Network, the only UK charity for women with Premature Ovarian Insufficiency, is proud to launch the first-ever World POI Day in 2025. This global awareness day aims to shine a light on Premature Ovarian Insufficiency.”



Throughout October and on #WorldPOIDay, Daisy Network are sharing stories, statistics, and educational posts to highlight the realities of Premature Ovarian Insufficiency (POI). Raising awareness is key to ensuring better diagnosis, support, and medical understanding. From the streets of London to virtual communities worldwide, World POI Day 2025 is set to be bigger than ever. Live from Daisy Day 2025, our flagship event in London, we'll bring together medical professionals and those with lived experience to push the conversation forward. Expect behind-the-scenes reels, real-time updates, and inspiring stories from those at the heart of the POI community.

Alongside Daisy Day, we're launching the 2025 'Warrior Walk', encouraging people everywhere to step up - literally - for POI awareness. Whether it's a solo stroll, a group hike, or a virtual challenge, every step raises awareness and sparks conversations about POI.

Let's make

HISTORY TOGETHER,

October 25th



Education, Support, and Real Impact

Understanding POI is key to improving lives, which is why we're hosting expert-led webinars with professionals and influential voices from the POI, women's health, and fertility communities. These sessions offer education, advice, and support to those affected, helping to close the knowledge gap and ensure better care.

Beyond awareness, we're taking action. Donations raised will fund vital POI research and expand access to free counselling sessions, ensuring more people receive the emotional support they need after diagnosis. Every contribution makes a difference, helping to shape a future where POI is better understood, diagnosed earlier, and supported more effectively.

daisy day
2025



World
POI Day

