

STUDY UPDATE

We're pleased to share that the study is progressing well, with 24 active sites and 166 participants enrolled so far. Thank you for your continued support and dedication, as every follow-up visit, assessment, and questionnaire you have completed brings us closer to meaningful results.

Please keep in touch with your clinical team and should you have any queries, please don't hesitate to reach out for support.

MESSAGE FROM OUR CHIEF INVESTIGATOR

I want to send a huge thank you to every single person who has taken part in the POISE study so far. As of today, we've recruited 166 participants — a fantastic achievement! Your involvement is making a real difference, and I'm so grateful for your time and commitment.



Excitingly, our funders agreed to extend the trial, which means we can continue this important work. Now, we must continue to spread the word. If you know a peer, sister, or friend who might be interested, please feel free to let them know about the study. Thank you for being part of this study. Your participation brings us closer to meaningful change and helps us support more women in the future.

Professor Melanie Davies, Chief Investigator

STAY IN TOUCH

If you have any questions about your treatment — please contact your usual care team at the hospital.

If you have any questions about the trial questionnaires or expenses, the POISE team are here to help. Email: POISE@nottingham.ac.uk

JOIN US ON SOCIAL MEDIA!



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The views expressed are those of the author(s) and not necessarily those of the NIHR or the Department of Health and Social Care.

APPOINTMENT/QUESTIONNAIRE REMINDER

Thank you for your continued participation. Your follow-up appointments are a vital part of the study and help us gather important information to support your health and the success of the trial.

For us to have the best chance of being able to help women in the future we ask that you do the following:

- **DEXA Scans:** If you receive a DEXA appointment, please try to attend, as these scans provide valuable insights into your bone health and are the most important part of the study.
- **Questionnaires:** Completing your study questionnaires is just as important as your clinic visits. These help us understand your experience and health over time. Please complete them as soon as you receive them, and do not hesitate to reach out to us if you require support or experience any difficulty with the links.

We also understand that attending hospital visits can sometimes be challenging. To make things easier, we want to remind you of a flexible option:

- **Blood Pressure and weight Assessments:** These are typically booked alongside your clinic appointment. However, if at any point it is more convenient, you can complete these assessments at your GP practice or local pharmacy. Just request the assessment forms from your trial site, take them with you, and return the completed forms to the site.

If you have any questions or need help, please contact your trial team. We're here to support you.



DAISY NETWORK

At Daisy Network, we believe the POISE study is a vital step forward in understanding the long-term health and wellbeing of women with POI.

Too often, women with POI are underrepresented in research, which means their unique health needs can be overlooked. This study has the potential to change that by building the evidence needed to shape better care, treatments, and awareness for the future.

TURNER SYNDROME SUPPORT SOCIETY UK

As the mother of an adult daughter with TS. It is vital for her and all others affected by POI, to have some clarity over best treatment. Hence my personal support for this study.

As CEO of the TSSS UK I speak on a weekly basis to women with TS to be able to offer them more accurate details from the results of this study will be invaluable to them.



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