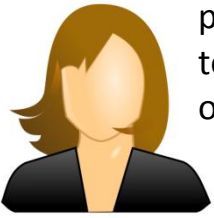


What is it?



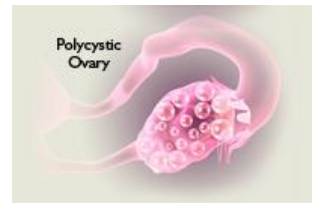
- **PCOS/Polycystic Ovary Syndrome**– can affect women’s hormone levels, periods, ovulation, hormones, blood vessels, heart, appearance and ability to have children; a hormone imbalance; have many small cysts in their ovaries (fluid-filled sacs)
 - **Androgens**- male hormones but women also make

Symptoms:

- **Symptoms**- acne, oily skin, dandruff, weight gain, obesity, carrying extra weight around the waist, irregular periods, no periods, excess hair growth, infertility, ovarian cysts, type 2 diabetes, insulin resistance, high cholesterol, high blood pressure, male-pattern baldness, thinning hair, patches of thickened and dark skin on the neck, breasts, arms, and thighs; skin tags, pelvic pain, sleep apnea

Facts:

- **Caused by**- unknown, genes are thought to be 1 factor as well as insulin
- **Affects**- 5% of the women
- **Most Common Cause of Female Infertility**- PCOS; not being able to get pregnant; 1 in 10 women of child bearing age has PCOS; can occur in girls as young as 11



What can I do?

- **See your Health Care Provider**- for more information
 - **Tests**- medical history, physical exam, blood pressure, BMI/Body Mass Index, waist size, check for increased hair growth, pelvic exam, vaginal ultrasound, blood taken to check hormone level and to measure the glucose/sugar level
 - **Treatment**- no cure, managed to prevent problems, goals are based on symptoms; birth control pills, diabetes medications, fertility medications, medicine for increased hair growth or extra male hormones, surgery, lifestyle modification
- **See a Registered Dietitian**- for help as needed for diabetes or a healthy weight

