

Why should I care?

PCOS can seriously affect your quality of life and put you at risk for many life-threatening health conditions including:

- . Type II Diabetes
- . Heart Disease
- . Cancer
- . Infertility
- . Non-Alcoholic Fatty Liver Disease
- . Stroke

Project PCOS

Awareness, Information and Support for Polycystic Ovary Syndrome

<http://www.projectpcos.org>

Do You Have PCOS?

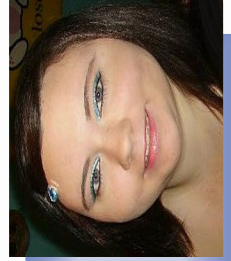
Up to 10% of women worldwide have it, you could be one!

What is PCOS?

Polycystic Ovary Syndrome (PCOS) is the most common hormonal problem in women. It is a metabolic disorder that affects several body systems and can cause significant long-term health consequences.

PCOS is often characterized by enlarged ovaries, with multiple small painless cysts or follicles that form in the ovary.

Two other key features of PCOS are production of excess androgens (male sex hormones) and anovulation (the failure to ovulate properly), which makes PCOS the leading cause of infertility.



How is PCOS diagnosed?

Confirmation of the diagnosis requires obtaining blood samples for a variety of hormones, including those produced by the ovaries, adrenal glands, pituitary gland and thyroid gland. A full physical examination and screening for cholesterol, triglyceride, glucose and insulin should also be part of a complete evaluation.

Is PCOS a gynecological or an Endocrinological disorder?

Since many of the symptoms involve a woman's reproductive system, PCOS is often mistaken for a gynecological disorder. It is, however, a disorder of the endocrine system, involving hormones and hormone production.

Is there an overall treatment for PCOS?

Unfortunately, at the present time doctors can only treat the individual symptoms of women with PCOS, rather than the entire syndrome. Once diagnosed, in most patients it can be managed effectively to help patients lead healthier and more satisfying lifestyles.

How do I know if I have PCOS?

If you experience two or more of the following symptoms, ask your doctor to test you for PCOS.

- . Irregular Menstrual Cycles
- . Acne
- . Excess Facial and Body hair
- . Weight Gain or Obesity
- . Infertility
- . High Cholesterol
- . High Blood Pressure