

POLYCYSTIC OVARY SYNDROME OR PCOS

is one of the most common endocrine and metabolic disorders in which the ovaries contain many cystic follicles associated with irregular menstrual cycles and overproduction of androgens (male hormones).

WHO CAN GET PCOS?

PCOS affects 1 in 10 menstruating women.
It affects 8-13% of reproductive aged women.



WHAT ARE THE COMMON SYMPTOMS OF PCOS?

- Irregular menstrual period
- Excessive hair growth of face, chest, abdomen or upper thigh (hirsutism)
- Hair loss or male pattern baldness (alopecia)
- Inability to get pregnant (Infertility)
- Acne



WHAT ARE THE HEALTH RISKS FOR WOMEN WITH PCOS?



PCOS increases a women's risk for serious conditions that may have lifelong consequences which include diabetes, hypertension, heart problem (cardiovascular disease), endometrial cancer, sleep problem, and depression.

ARE TREATMENTS AVAILABLE FOR WOMEN WITH PCOS?

Yes, various treatments are available for PCOS problems:

- Reproductive problems (irregular menstrual periods and infertility)
- Metabolic problems (diabetes and cardiovascular risk)
- Psychological problems (anxiety, body negativity and depression)

IS IT TRUE THAT GETTING PREGNANT IS DIFFICULT WITH PCOS?

PCOS can cause problems if you are trying to get pregnant, but with the right treatment from a fertility specialist with experience and expert knowledge of the condition, you have a good chance of getting pregnant.



References: 1.) www.asrm.org; 2. International evidence-based guideline for assessment and management of PCOS 2018. ESHRE

EDUCATION, SELF-EMPOWERMENT, MULTIDISCIPLINARY CARE AND LIFESTYLE MODIFICATION FOR PREVENTION AND MANAGEMENT OF EXCESSIVE WEIGHT ARE IMPORTANT.



For more info, visit our website:
<https://psrminc.org>