

What is Polycystic Ovary Syndrome (PCOS)?

PCOS is a common health problem that causes a change in the levels of hormones in your body.



What are the signs of PCOS?

- Irregular and heavy periods
- Difficulty getting pregnant
- Excess hair growth on body and face
- Acne and dark skin patches
- Persistent weight gain

Who gets PCOS?

People who have PCOS usually:

- Find out they have PCOS in their teens and later
- Have issues with their weight
- Have a family history of PCOS

How will my doctor check if I have PCOS?

- In person pelvic exams (checking your body)
- Ultrasound (using special pictures to look at your uterus and ovaries)
- Special lab tests

What are the health problems linked to PCOS?

- Type 2 Diabetes
- High blood pressure
- Heart problems
- Uterine cancer

Finding out you have PCOS early on can greatly cut down these risks.

How is PCOS treated?

There is no cure for PCOS, but you and your doctor will determine if you may benefit from medications that help treat symptoms and lower the risk of other health problems.

- You may choose to take medication to help with acne, extra hair, irregular periods, or high blood pressure.
- The care your doctor suggests depends on your symptoms, other health issues, and your desire to become pregnant.

Taking the first step toward better health is important.
Don't wait! Schedule an appointment with your doctor at:

(888) 499-9303

Getting help early can really improve your life if you have PCOS.