



Polycystic Ovary Syndrome (PCOS)

Risk Factors

Affects 1:10 women
Genetics
High levels of Androgen
High levels of insulin



Prevention

There is no proven method to prevent PCOS. Healthy lifestyle and medications can help manage symptoms.

Treatment Options



There is no cure, but medications for symptom management. Hormonal Birth control to manage difficult irregular periods. Clomid, IVF and surgery to help assist ovulation and reproduction.

Signs and Symptoms

Irregular menstrual cycles, difficulty getting and staying pregnant, hirsutism, acne, thinning scalp hair, multiple cysts on one or both ovaries.

