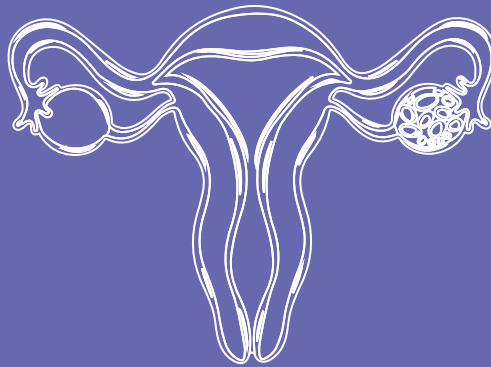


Polycystic Ovarian Syndrome



DID YOU KNOW THAT..

PCOS is the most common cause of female infertility? It is a health problem that affects 1 in 10 women of childbearing age. Although the exact cause is unknown, PCOS is believed to develop as a result of hormonal imbalance. There is evidence that genetics may play a role in developing PCOS. If your mother, sister or aunt, have PCOS, the risk of you developing it is often increased. Knowing your family history is very important!

Your doctor may diagnose you with PCOS if you have at least two of these three symptoms:

- Irregular periods, including consistently missed, delayed or abnormal bleeding patterns.
- Any form of scan, typically an ultrasound, that shows cysts or fluid pockets on the ovaries.
- Females can experience excessive hair growth, usually on the face, chest and back, due to increased levels of testosterone. This can be confirmed with a blood test.

PCOS is associated with other symptoms such as:

Obesity or being overweight | Acne or oily skin that is hard to treat |
Thinning hair with possible bald spots

- The biggest concern about PCOS is the association with infertility. PCOS is the number 1 cause of infertility in women of reproductive age.
- Regular cycles are driven by hormones, so an imbalance in any of the sex hormones may prevent the proper development and release of an egg for fertilization, making it difficult to become pregnant.
- Luckily, medicine has come a long way in both diagnosing and helping treating some of the symptoms of PCOS.
- Although there is no cure to completely get rid of PCOS, prescribed medications and counseling can be provided on certain lifestyle changes that will help manage the symptoms.
- And yes, that means making it possible to conceive!