

Title: Polycystic Ovary Syndrome

Author: Megan Dunlavey

Date: 7/17/08

Key words: polycystic ovary syndrome, symptoms, treatment

Abstract:

Describes symptoms, future risks associated with syndrome and treatment at a 6th grade reading level.

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Polycystic Ovary Syndrome (PCOS)

How Common is PCOS?

PCOS affects approximately 10% of all women. A woman of any race or nationality can have PCOS.

Symptoms?

- ❖ Not having a period every month or at all
- ❖ Darker hair on face, chest, or legs
- ❖ Oily skin, pimples, or acne
- ❖ Trouble getting pregnant
- ❖ Being overweight or heavy

What could happen in the future because I have PCOS?

- ❖ Increased number of cells or cancer of the uterus, the organ that babies grow in before being delivered.
- ❖ High blood pressure
- ❖ High sugars in blood or diabetes
- ❖ Increased amount of bad cholesterol in blood
- ❖ Heart disease
- ❖ Stroke
- ❖ Weight gain
- ❖ Trouble getting pregnant and not losing the baby before it is ready to be delivered

Besides drugs what can I do to help prevent the above problems?

- ❖ Lose weight and maintain a healthy lifestyle by exercising for 30 minutes 3-4 times a week and adopting a diet that is low in fat and carbohydrates and full of fruits and vegetables

What is the best medicine for me?

- ❖ It depends on what you and your doctor are most worried about.
 - If you are most worried about getting pregnant metformin is the best option
 - If you are most worried about future high blood sugars, acne, or dark hair on your face, chest, or legs either metformin or birth control pills both are effective treatments and neither works better than the other.
 - If you are most worried about having periods at about the same time every month birth control pills are the best option

How long does it take to treat PCOS?

- ❖ Treatment with lifestyle changes and medication will not make the symptoms and risk for future problems go away. You will have PCOS until you stop having periods around age 50 for most women. Treatment with medicine combined with diet and exercise minimize the symptoms and aim to reduce the chances of future problems.

