

# PCOS: Polycystic Ovary Syndrome

## What is PCOS?

a common hormone disorder that affects 5-10% of women. Like all syndromes, PCOS is a collection of problems that are found together. Not all women with PCOS have all the same symptoms.

## What Types of Tests Are Used to Diagnose PCOS?

PCOS is diagnosed using a combination of:

- physical exam and history
- ultrasound (sonogram)
- blood tests

## Blood tests & PCOS

Blood tests may show:

- high blood sugar
- high cholesterol levels
- high levels of male hormones.

## How is it Diagnosed:

To be diagnosed with PCOS, a woman must have 2 of 3 possible issues:

- chronic lack of ovulation (anovulation)
- chronic high testosterone (hormone) levels (hyperandrogenism)
- ovaries that have multiple fluid-filled sacs (polycystic).

## Where are the cysts at?

many women with PCOS have enlarged ovaries with many small cysts.

## Typical Complaints from Women with PCOS:

- irregular or missed menstrual periods or a long time between periods.
- They may also be overweight
- have increased hair growth (hirsutism)
- acne
- be unable to get pregnant.