

PCOS: Polycystic Ovary Syndrome

How can PCOS be treated?

- Making lifestyle changes in regard to diet and exercise
- Weight management
- Medicines that contain female hormones such as birth control pills, metformin or acne medications.
- Treatments for unwanted body or facial hair (waxing, bleach, medicines, shaving, electrolysis and laser hair removal)

PCOS and Insulin Resistance

As many as 70% of women with PCOS have decreased sensitivity to insulin due to increased weight. This causes those women to overproduce that hormone. Higher levels of insulin are needed to keep up with sugar levels under control on overweight PCOS patients.

Women with PCOS have a higher chance of developing medical problems such as Type 2 diabetes, high blood pressure and heart disease.

PCOS Resources

[PCOS Booklet](#)

[Metformin and PCOS](#)

[Center of Young Women's Health](#)

[Hormone Health Network](#)