

# What is PCOS & do I have it?

Polycystic ovary syndrome (PCOS) is a common condition but with good support, it is very manageable.

Answer the following quiz:

Has a close female family member been diagnosed with polycystic ovary syndrome (mother, sister, aunt) or have irregular cycles (periods, menstruation) or, a family history of irregular cycles or infertility?

Do you have irregular or no periods (and are not on hormonal contraceptives)?

Do you have acne that may be severe?

Do you feel you have more body hair than your family members such as on your face or stomach?

YES

If you answered yes to one or more of these questions, see your doctor

## Symptoms

The symptoms of PCOS vary between women. The range of symptoms you may experience are:



Irregular periods that are more or less than monthly or no periods



Delays in getting pregnant



Excess hair growth on face, stomach, back and loss of hair on the top of the scalp



Acne, darkened skin patches



Weight gain (that needs monitoring) and increased metabolic and diabetes risk



Impact on emotional wellbeing, self-esteem and body image

## Diagnosis

There is some variation in what symptoms or signs for a PCOS diagnosis. We require only two of the following three signs to diagnose a woman with PCOS:

### #1

Periods less regular – more or less often than monthly

### #2

Higher levels of androgen hormones found from a blood test or symptoms such as excess body hair

### #3

If needed in adults – if 1 or 2 alone are present then the appearance of partly formed eggs (fluid filled sacs called follicles) will be observed on ultrasound (greater than or equal to 20 follicles per ovary).

*\*This ultrasound is only needed if 1) and 2) are not found and is not recommended in younger women*



The AskPCOS App provides comprehensive, high quality PCOS information and support tools that are based on the latest evidence.