If I have increased body hair what can I do?

- Wax
- Electrolysis
- Thread
- Laser hair removal therapy

If commonly used ways to remove hair do not work there are medications that you can try such as; the contraceptive pill (lowers androgen levels) can be used. These medications should be used for about 6 months before changing dose or medication, to be effective. Anti-androgens* can be added at this time if needed. Talk with your health professional about this.

*Please note anti-androgen medications should not be used without adequate contraception.

If I want to have children, what should I do?

- Aim for a healthy lifestyle and reduce weight if needed by 5-10% of total body weight.
- Take folate, see your doctor and if needed seek help to cease smoking, reduce alcohol and prepare yourself for a healthy pregnancy.
- Consider planning your pregnancy/s prior to age 35yrs to improve pregnancy success rates.
- If you have difficulties getting pregnant there is a lot of medical support such as; (first-line) oral ovulation induction agents, (second-line) surgery or injections of gonadotrophins and (third-line) IVF. See Fertility info-graphic.

To reduce my risk of chronic diseases what should I do?

- Aim for a healthy lifestyle and reduce weight by 5-10% of total body weight, if needed.
- Metformin can help prevent weight gain when combined with a healthy lifestyle and helps balance hormones and reduce risk of developing diabetes.