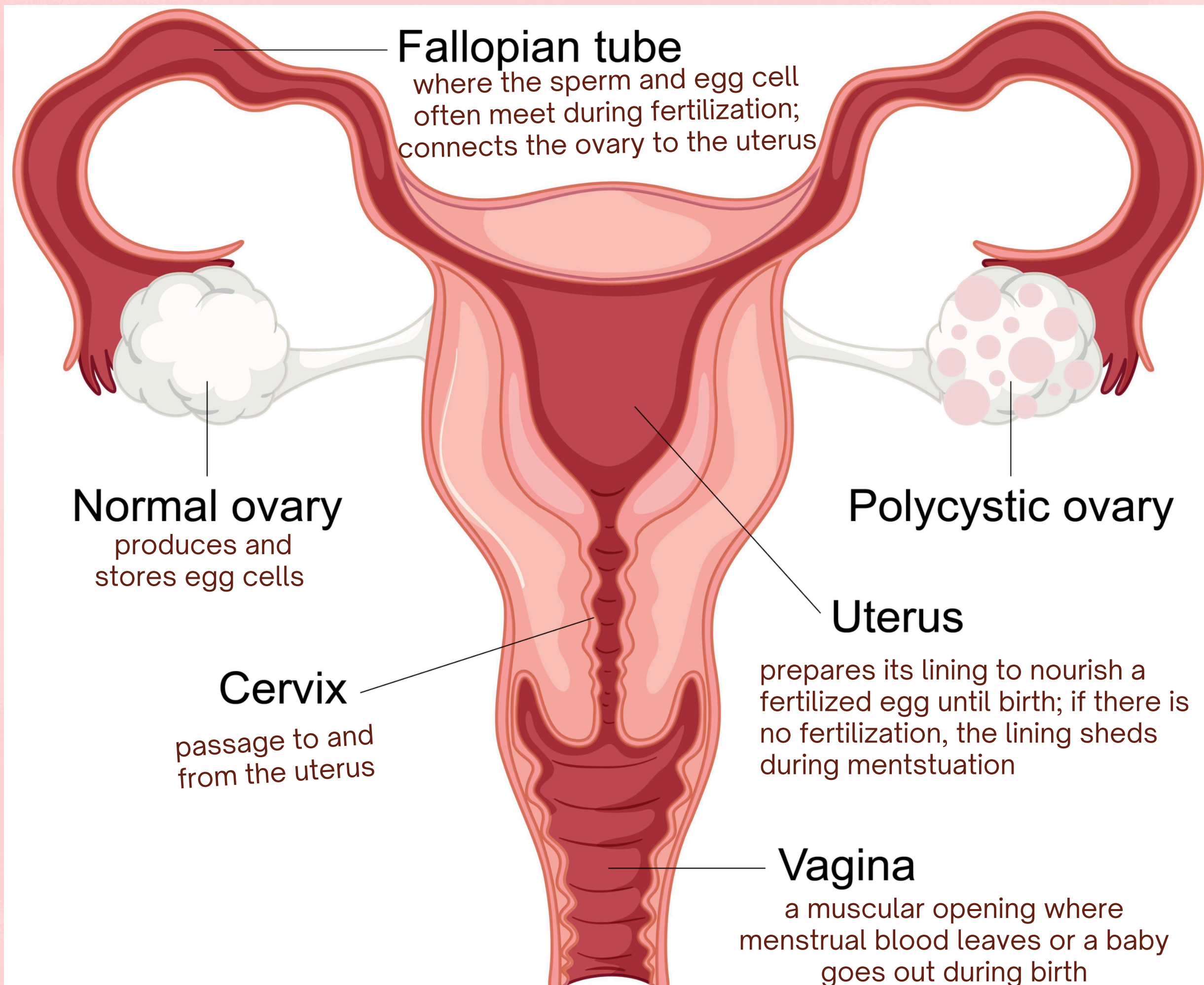
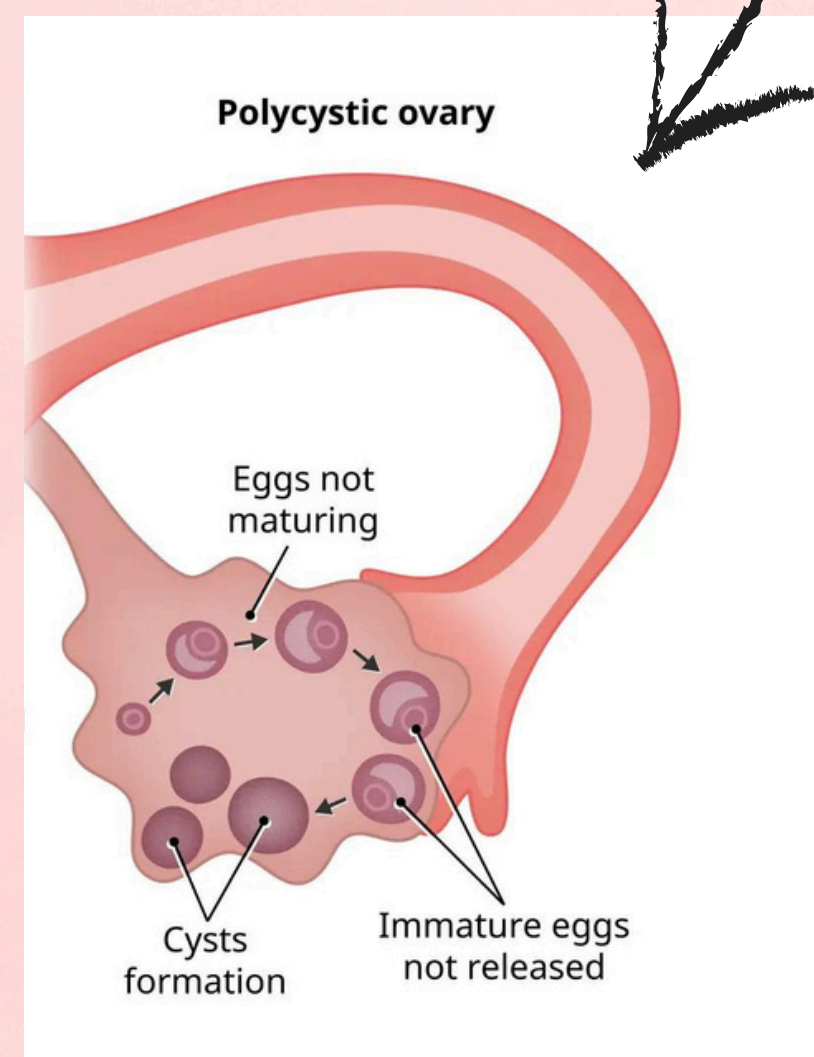


PCOS

# Polycystic Ovary Syndrome



Polycystic Ovary Syndrome (PCOS) is a common condition that affects how your ovaries work.

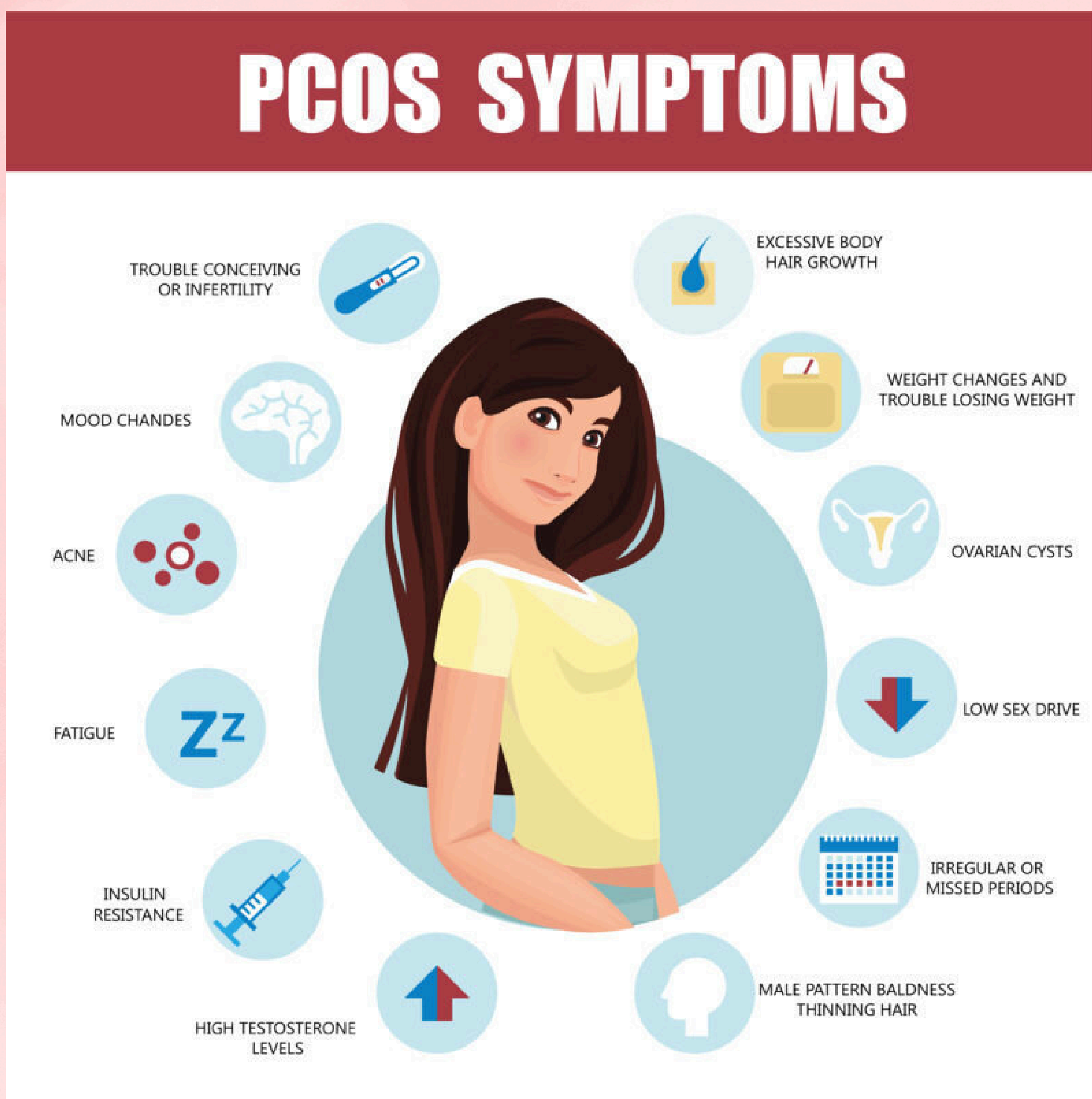


In PCOS, ovulation (where ovaries release an egg each month) doesn't always happen when it is supposed to. This can cause your periods to be irregular or even stop altogether.

If you are trying to get pregnant, this can make it harder.

PCOS can cause your hormones to be out of balance. Hormones are chemicals in your body that control lots of things, like your growth and your mood.

## PCOS SYMPTOMS



PCOS can also increase your chances of having health problems later in life, like type 2 diabetes and heart disease.

# When should I see my GP?

There is no cure for PCOS, but we can treat your symptoms and lower your chances of future health issues. Speak to a health professional if you think you might have the condition.

## What can I do to help with these symptoms?

These are some steps you can take to help with PCOS symptoms and lower your chances of future health issues:

1. Keep a healthy weight: This can be done through having a balanced diet and regular exercise. If you are struggling with weight, there are groups and services who can offer support and guidance based to your needs.



2. Exercise regularly: Aim for 30 minutes of exercise on most days - this can be anything you enjoy, like walking, dancing, or swimming! If you can, add strength exercises and spend less time sitting down.



3. Eat a healthy balanced diet: Fill your plate with a variety of foods, like fruits, vegetables, and whole foods (wholemeal bread, brown rice, and whole-wheat pasta). Include lean meats (fish and chicken). Cut back on sugary, salty, and caffeinated foods and drinks.



4. Stick to regular meals: Don't skip meals, especially breakfast. Eating regularly helps keep your energy levels stable and can help manage your weight.



5. Stay on top of health checks: Depending on your risk, your GP might suggest that you have checks diabetes and blood pressure. Make sure to attend these, even if you do not have symptoms.



# What might your health professional ask?

At your appointment, your health professional will likely ask you about:

Your menstrual cycle

Whether you have any other health conditions

Whether you have a family history of PCOS or diabetes

Any symptoms you may be experiencing

Whether you have attempted to get pregnant, if applicable

What is bothering you most and what you hope to gain from your appointment

## What else might happen at your appointment?

Not everyone needs to be examined but if it is recommended:

- You can ask for a chaperone or bring someone with you.
- You can ask for your appointment to be with a female.
- You might have your blood pressure measured.
- Blood tests may be arranged to check your hormone levels and to rule out other causes of your symptoms.
- An ultrasound scan may be arranged. This scan will be done at the hospital and will look at your ovaries and uterus (womb).
- You might talk about or be started on treatment. This may include lifestyle changes and medication.
- There are many different medications that can excessive hair growth, irregular periods, and fertility problems.
- You may also be referred to other health professionals for further consultation, including a gynaecologist, the reproductive medicine unit, a dietician, and weight management services