

## Polycystic Ovarian Syndrome

Polycystic Ovarian Syndrome also known as PCOS is a disorder that affects up to 18% of reproductive age females. It is characterised by long period cycles or no periods (amenorrhoea,) excessive Hairiness (hirsutism) and multiple follicles on the ovaries. PCO- polycystic ovaries is common, affecting up to 20% of women and is a benign condition. PCOS requires 2 of the three diagnostic criteria form the above, either physical or biochemical changes.

Most women will present either due to menstrual irregularities, infertility of issues with hirsutism or acne. Treatment of PCOS depends on the woman's desire for fertility. Many studies have linked PCOS with excessive weight and losing 10% may result in spontaneous ovulation. Of course there are also many women who are normal BMI and who also have PCOS. If fertility is not desired treatment will be tailored to the symptoms that are most distressing to the patient.

Many women with PCOS have very long menstrual cycles (the time between the two periods) and also heavy periods. One of the side effects of PCOS is that women are at higher risk of endometrial cancer (cancer of the womb.) For this reason most gynaecologists will advocate for endometrial protection (making the women have a period every few months or fitting a mirena IUD to thin the lining.) Weight reduction (if overweight or obese) should always be incorporated into any medical management of PCOS.

### Other issues with PCOS

- Period problems
- Increased risk of endometrial cancer (cancer of the womb)
- Insulin resistance/ Type II Diabetes
- Increased cholesterol
- Increased risk of sleep apnoea
- Reduced fertility (please don't use PCOS as a form of contraception)

While this can seem very scary and confusing, f you have issues with excessive hair, period issues or infertility please contact the rooms on 49318730 to make an appointment for us to discuss your individual needs.

<http://www.montereybayivf.com/understanding-infertility/polycystic-ovarian-syndrome/>

<http://blueridgeobgyn.wordpress.com/2012/03/03/polycystic-ovarian-syndrome/>

