



MANAGING YOUR PCOS

Medical management and lifestyle modification are the best ways to treat the syndrome because there is no cure for PCOS. Some management types may include:

- Birth control pills
- Insulin sensitizing medication
- Weight loss
- Medications for increased hair growth or extra male hormone
- Fertility treatments:
 - Ovulation cycles
 - Inseminations
 - In Vitro Fertilization (IVF)
- Fertility medications
- Surgery or procedures:
 - Ovarian drilling
 - Oophorectomy
 - Hysterectomy
 - Cyst aspiration
- Lifestyle modifications:
 - Nutrition education
 - Modifying your diet
 - Exercise
 - Non smoking
 - Meditation for anxiety, breathing, depression and stress
- Other Treatments:
 - Laser hair removal
 - Hormonal treatments
 - Alternative methods
 - Vitamins and minerals

Consult your physician to develop a management plan.

ABOUT PCOS FOUNDATION

The PCOS Foundation was established in July of 2010 and is a 501(c)(3) non-profit charitable organization dedicated to the needs of women and adolescents living with PCOS. Our mission is to spread awareness through public and professional education programs in order to improve diagnosis and decrease or eliminate the lifetime risks associated with Polycystic Ovarian Syndrome. Through these efforts we hope to establish grant programs that will help women affected with PCOS obtain treatments through medical lifestyle management programs.

We currently provide the following:

- Support/Education Groups
- Exercise Groups
- Annual PCOS Awareness 5K Fun Run/Walk
- PCOS Symposium
- Education Outreach Program in businesses
- Medical Community Outreach Program
- Infertility Outreach Program
- Video Library

We are also working to develop the following new programs:

- Educational CDs in public libraries
- Education Programs in schools
- National Fundraising Programs
- Chapters across the country
- National Awareness events
- Annual Gala
- PCOSF National Day of Unity



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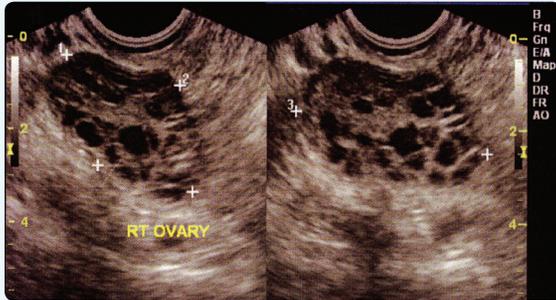
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What is
PCOS?

WHAT IS PCOS?

PCOS (Polycystic Ovary Syndrome) is the most common endocrine disorder in females. There are many signs and symptoms that a woman may experience. PCOS cannot be diagnosed with one test alone and symptoms vary from female to female. Early diagnosis of PCOS is essential since it has been linked to an increased risk of developing several metabolic diseases such as diabetes and high cholesterol.



Most women and adolescents experience weight gain or obesity, while others may be lean. Multiple follicles (cysts) on ovaries in a "string of pearls" pattern is also an indicator for PCOS, but may not appear in all cases.

This hormonal imbalance can cause Insulin Resistance, which is also a prime indicator of PCOS. Females suffering from PCOS may experience high testosterone levels, which leads to other symptoms such as Hirsutism (excessive hair growth), male pattern baldness and acne. This high level of testosterone can also prevent the ovaries from releasing an egg each month (ovulation).

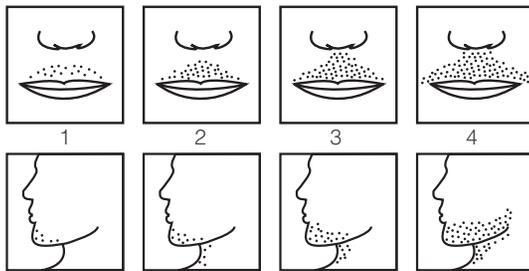
An estimated 7 million women and adolescent girls are affected by PCOS, with less than 50% diagnosed. PCOS is responsible for 70% of infertility issues in women who have difficulty ovulating. Teens and post-menopausal women can also suffer from PCOS.

Studies have shown that approximately 40% of patients with diabetes between the ages of 20-50 may have PCOS. In addition, some studies have found that if a mother has PCOS, there is a 50% chance that her daughter will have PCOS.

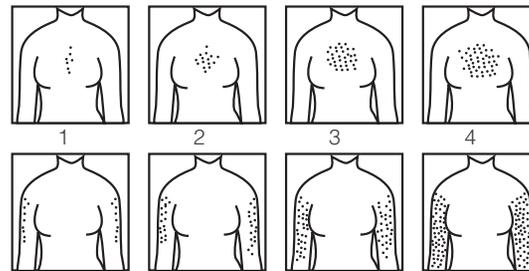
The good news is that early diagnosis and proper education can help adolescents and women lower their risk factors and live a happy, healthier life.

Examples of Hirsutism.

Look for hair in these areas of the face and body.



Ferriman-Gallwey scoring system for assessing the severity of Hirsutism.



COMMON SYMPTOMS

- Irregular menstrual cycles (oligomenorrhea)
- Weight gain or difficulty losing weight
- Hirsutism- excess hair growth on face and body
- Sleep apnea
- High cholesterol and high triglycerides
- Darkened patches of skin (acanthosis nigricans)
- Multiple follicles (cysts) on the ovaries
- Increase in stress levels
- High blood pressure
- Skin tags
- Infertility
- Fatigue
- Thinning hair (male pattern balding)
- Insulin resistance
- Type 2 Diabetes
- Pelvic pain
- Depression
- Anxiety
- Decreased sex drive

HEALTH RISKS

- Diabetes
- Infertility
- High Cholesterol
- High Lipids
- Apnea
- Liver disease
- Higher risk of Endometrial cancer
- Higher risk of Gestational diabetes
- 4 to 7 times higher risk of heart attacks
- Higher rate of Miscarriages
- High Blood Pressure or Hypertension
- Obesity, which may lead to low self-esteem and depression

GETTING DIAGNOSED

Consult a doctor to determine if you are diagnosed with PCOS. The best doctor to treat your symptoms is a physician that specializes in PCOS. Your first visit with a specialist will include several evaluations.

Look for a PCOS specialist in the following fields:

- Endocrinology
- Family Practice
- OB/GYN
- Pediatrics
- Reproductive Endocrinology & Infertility

Your initial visit may include other appropriate testing, but should include:

- Consultation
- Medical History
- Blood Testing
- Pelvic Ultrasound
- Physical Exam