

## **Polycystic Ovarian Syndrome**

Polycystic Ovarian Syndrome is a hormonal condition that effects one in five women. Many of these women don't even know they suffer from it, due to misdiagnosis by doctors.

PCOS can cause acne, weight gain and excessive body hair.

In Australia PCOS diagnosis requires at least two of the following symptoms:

1. Infrequent or absent menstrual periods
2. High blood levels of male hormones called androgens
3. Facial hair, acne and male balding patterns
4. Ovarian cysts

### **The Long Term effects associated with PCOS**

Women with PCOS have increased risk of:

- Infertility
- Type 2 diabetes
- Prediabetes
- High Cholesterol
- Heart Disease
- Thickening of the lining of the uterus

If you think you may be at risk of having this syndrome please visit your doctor today.

For more information visit the Polycystic Ovarian Syndrome Association of Australia

<http://main.posaa.asn.au/>