




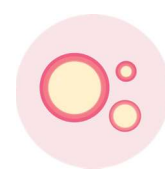

# So, I have Polycystic Ovary Syndrome (PCOS)...



You are not alone! At least 1 out of every 10 women have PCOS.

## What is PCOS?

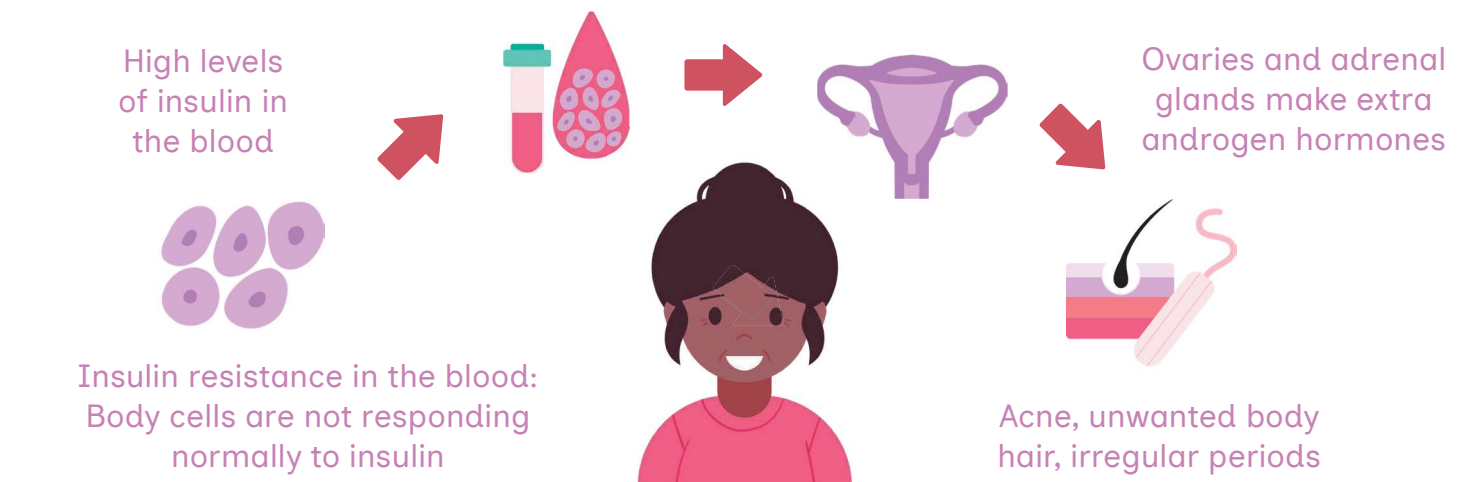
PCOS is a set of symptoms that people with ovaries can have. Symptoms may include:

 <p>Unwanted hair on face and/or body</p>	 <p>Irregular periods</p>	 <p>Weight gain and trouble losing weight</p>	 <p>Acne</p>	 <p>Cysts on the ovaries</p>
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## What causes PCOS?

Scientists don't know the exact cause of PCOS, but the genes you are born with probably play a role. Exposures from your environment during your life may also be a cause. It is not your fault that you have PCOS.

Many PCOS symptoms are caused by extra androgens (certain types of hormones, like testosterone). Insulin resistance is common in people with PCOS and can lead to higher androgens and more symptoms.



You have taken a big step by getting a diagnosis and working with a health care provider. Having PCOS can increase your chances for other health problems, but with care and attention, you can lower your risks and be and feel healthy!

# Your provider can help you:

Become pregnant and have a healthy pregnancy

Reduce your risk for cancer

Get more restful sleep

Manage mental health challenges

Protect your heart health and prevent diabetes

People with PCOS are...

**15x**

more likely to have trouble getting pregnant. Also, more likely to have problems, like high blood pressure, during pregnancy.

**2.5x**

greater risk of ovarian cancer by the age of 54.



**About half of people with PCOS:**

Have prediabetes or diabetes by age 40.

Experience sleep apnea. This can make you feel tired during the day.

**2-3x**

more likely to suffer from a heart attack or stroke.

## What can be done to manage my PCOS?

While there is no cure for PCOS, there are many ways to manage symptoms and live better with PCOS.

Things you can do:



Eat fruits, vegetables and whole grains.



Explore and try different things to cope with stress.



Find ways to move your body every day that feel good and fun.



See your health care provider regularly. Speak up about what is working and not working for you.

Things your provider can do:



Test for related health problems, like diabetes and heart disease, and help you manage them early on. Common tests include blood pressure, cholesterol, triglycerides, and hemoglobin A1C.



Prescribe medications to help with PCOS symptoms. Common medicines to help with PCOS include birth control pills, metformin and spironolactone.



Talk with you about options to help you live better with PCOS and lower your risk for related health problems like cancer.



For more information about PCOS and how this sheet was created, visit:  
[www.showyourlovetoday.com/navigate-pcos/](http://www.showyourlovetoday.com/navigate-pcos/)