

What Can I Do About Acne and Hair Growth with PCOS?



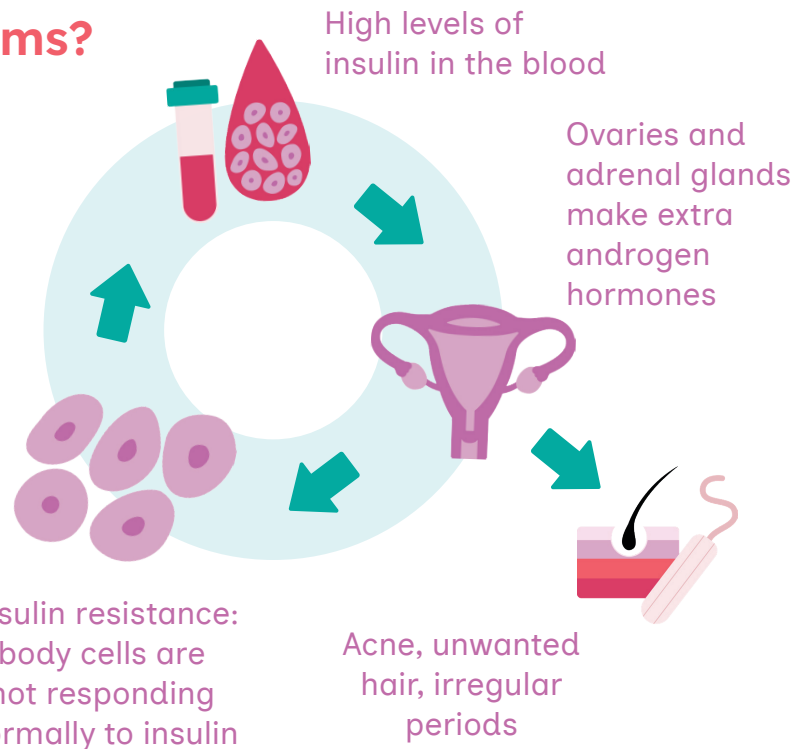
Many people with PCOS have acne, unwanted hair growth on their face and/or body, and even loss of hair on their head. These symptoms can change over time.

There are ways to help improve these symptoms!

Why do I have these symptoms?

Skin and hair changes with PCOS are caused by having too many androgens (certain hormones like testosterone) which can lead to insulin resistance, which can lead to more androgens.

Insulin resistance means that your body's cells are not as sensitive to the hormone insulin and cannot use the sugar in your blood as well as they should.



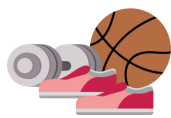
The best way to improve acne, hair growth and hair loss is to lower the androgens in your body.

There are steps you can take at home and there are things your provider can do to help!

Things You Can Do:



Eat foods to fuel your body like vegetables, healthy fats (fish, olive oil, nuts), fruits, and whole grains (brown rice, whole wheat, quinoa).



Find ways to move your body every day that feel good and fun. Building muscle can help reverse insulin resistance!



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

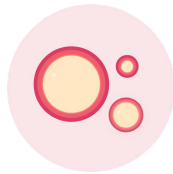


Remove unwanted hair by shaving, waxing or laser hair removal.

Things Your Provider Can Do:



Recommend medications that can help lower your androgens.



Help treat acne and unwanted hair. Refer you to a dermatologist if needed.



Remember:

Change takes time!

It can take at least 6 months for acne, hair growth and hair loss to get better.

You are an expert in your own body!

If a treatment is not working for you, talk to your health care provider and ask what other options you can try.



Medications your provider might recommend:

Medication	How does it work?	Other Information
Metformin	Treats insulin resistance. There are other medicines to help with insulin resistance if metformin doesn't work for you.	Best option if you want to get pregnant. Starts at a lower dose and may increase over time based on your body's response to the medication.
Hormonal Birth Control	Some types of birth control pills lower the amount of androgen hormones your body makes and reduces the impact they have on your body.	Examples: Any combined oral contraceptive pills (COCPs) help with PCOS symptoms. Combined means that they have both estrogen and progesterone. A few types of COCPs are extra helpful for acne and unwanted hair: Birth control pills that include progesterones such as norgestimate (like Ortho Tri-Cyclen or its generic) or drospirenone (like Yaz or Yasmin or their generics) have been found to be particularly helpful for acne.
Spironolactone	Helps lower the impact of androgen hormones on your body.	Starts at a lower dose and may increase over time based on your body's response to the medication.
Myo-Inositol Supplements	Helps with insulin resistance.	Recommended Dose: 2 to 4 grams per day. No prescription required.



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

