



Weill Cornell Medicine

Is It PCOS?



Polycystic ovary syndrome (PCOS) is a common hormonal condition that affects women of childbearing age. It happens when the ovaries create excessive male hormones, which can disrupt menstrual cycles and impact fertility.

Explore the wide range of symptoms and discover available treatment options to manage PCOS.

Different Symptoms for Different Women



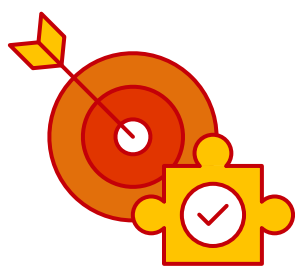
PCOS affects every woman differently. Some symptoms have an obvious connection to your reproductive system.

- ▶ Heavy bleeding during menstruation
- ▶ Infertility
- ▶ Lack of or irregular menstrual periods

Others seem disconnected from your reproductive system.

- ▶ Abnormal hair growth on the belly, chest, face or upper thighs
- ▶ Acne
- ▶ Difficulty losing weight, obesity or unexplainable weight gain
- ▶ Insulin sensitivity
- ▶ Skin that is oily or has dark, thick patches

Diagnosis With Two Criteria



To diagnose PCOS, women's health providers look for any two of the following:

- ▶ Abnormally high androgen levels (male hormones) that may increase body or facial hair
- ▶ Irregular menstruation brought on by irregular ovulation or no ovulation at all
- ▶ Growths that form on one or both ovaries

A PCOS Correction



Treatment for PCOS depends on your symptoms. Options include:

- ▶ Exercise and a healthy diet to lose weight and address other common symptoms
- ▶ Medication to manage acne, lower androgen levels or regulate menstrual cycles
- ▶ Creams, bleaching and other ways to remove or hide unwanted hair

Looking for help managing PCOS or other women's health issues?

Visit weillcornell.org/doctors to find a doctor at Weill Cornell Medicine today.



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