

POLYCYSTIC OVARY SYNDROME (PCOS)



What is PCOS?

An **endocrine** (hormonal imbalance) disorder, causing **fluid-filled sacs** to develop in the ovaries.

Affects 1 in 10 women in Singapore!

PCOS patients are at an increased risk for **infertility**, **Diabetes Mellitus**, **High blood pressure**, **high cholesterol**, **sleep apnea**, **depression**, and even **endometrial cancer**



Insulin resistance in the body

High amounts of insulin causes excessive testosterone to be produced by the ovaries, disturbing normal ovulation.

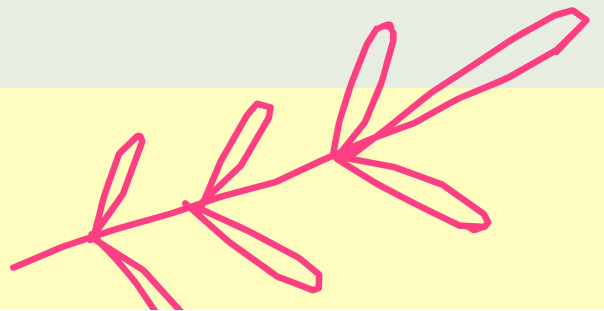


Hormonal changes (such as luteinising hormone, testosterone, or prolactin)

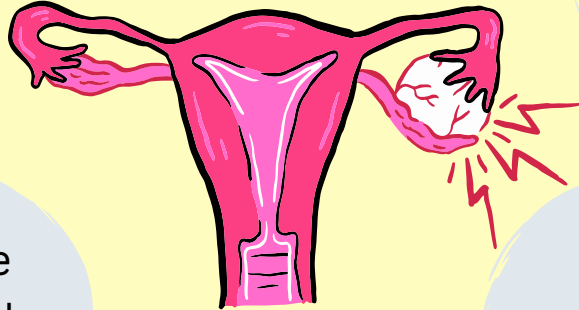


Genetics Women with PCOS are 50% more likely to have an immediate female relative with PCOS

WHAT CAUSES PCOS?



Symptoms



Irregular periods (but heavy flow)

Oily skin, acne

Excessive hair growth on face, chest, back

Weight gain

Difficulty getting pregnant

**Diagnosis:
2 out of 3**

Irregular periods (irregular ovulation)

Excessive testosterone (via blood test or symptoms)

Ovaries are enlarged, with multiple fluid-filled sacs seen (scans)

Awareness, lifestyle :

Lose weight, diet control, exercise

EVEN 5-10% WEIGHT LOSS IS GREAT IN DECREASING LONG-TERM HEALTH RISKS!

Supportive treatment

- Contraceptive pills for more regular periods
- Hair removal
- Medicine for infertility (eg Clomifene)

Surgery

Monitoring and management of long term health conditions

Treatment options

EARLY TREATMENT

CAN LEAD TO SYMPTOMS RELIEF, PREVENTION OF UNWANTED LONG-TERM PROBLEMS, AND HELP IN FERTILITY!

References :

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- Amboss website. (2022). Polycystic ovary syndrome. *Next.amboss.com*. Retrieved October 16, 2022, from <https://next.amboss.com/us/article/AOORETg=polycystic%2Bovary%2Bsyndrome#Zbd81e7bf0ad319ff0a5830a22d12550>
- Watson, S., & Kallen, A. (2021, April 19). Polycystic ovary syndrome (PCOS). *Healthline*. Retrieved October 16, 2022, from <https://www.healthline.com/health/polycystic-ovary-disease>
- Photo by Fallon Michael on Unsplash