

### 3.06 Womens' health - Polycystic ovary syndrome

Olivia, 23, is on the phone. She's phoned for the results of her pelvic ultrasound scan. It was requested because of infrequent periods.

Elicit: Hi Olivia. Could I just check your date of birth please?

Olivia: 5.7.95

Elicit: Thanks. I have the scan report here. What did you think that the scan might show?

Olivia: I've done some research, and I think it might show that I have polycystic ovaries. Dr Romberg thought I might be right, so he arranged the scan.

Provide: Your scan confirms that you have lots of little cysts in your ovaries. With your irregular periods, I agree that you almost certainly have polycystic ovarian syndrome, or PCOS.

Elicit: What is about polycystic ovarian syndrome that worries you?

Olivia: I just don't like the hairiness doctor, but the website suggested I might be at risk of diabetes.

Provide: This is not a particularly worrying problem, but it is often linked with being overweight, difficulty in becoming pregnant and skin problems and occasionally diabetes. I'd like to do a blood test to check for diabetes.

Elicit: How does that sound?

Olivia: Good thanks.

Elicit: Perhaps you would like to listen to the options discussion on [realgeneralpractice.org](http://realgeneralpractice.org) and we can meet again with your results to discuss options on management?

Olivia: Of course.