Document 14

Home Healthy living Women's health Girls and young women (puberty to around 25) Periods and menstrual health Polycystic ovary syndrome (PCOS) العربية   
  
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 Easy Read Return to Symptoms Last Updated: Next Review Date: Search for a service near you by entering your postcode below. Please input your postcode in the following format: A12 1BC NHS inform has more information on this condition. You told us your credentials were: You said: Based on the information you gave us, we made the following recommendation: Polycystic ovary syndrome (PCOS) is a condition that affects how your ovaries work. Despite the name, there are no cysts on the ovaries. During ovulation, an egg is released once a month. PCOS can have an impact on this and cause irregular ovulation, or no ovulation at all. If you want to have a family, PCOS can make it difficult to get pregnant. PCOS can also affect your metabolism (the chemical reactions in the body’s cells that change food into energy) making it easier to gain weight and more difficult to lose weight. You are born with PCOS, but symptoms often start during puberty although for some people this can be later, up to their early twenties. There are lots of different symptoms that can be caused by PCOS. The main symptoms are: Other symptoms can include: People who have PCOS can also struggle with depression and with their mental health as a result of the condition. PCOS can increase your risk of certain health conditions, including type 2 diabetes and high cholesterol. You should speak to your doctor if you are experiencing these symptoms and you are not pregnant or on hormone treatment. The exact cause of PCOS isn’t known but it’s thought to be caused by a hormone and metabolic (the chemical reactions in the body’s cells that change food into energy) imbalance in the body. PCOS can run in families so if someone in your family has the condition, it’s more likely you may have it too. You should let your doctor know if this is the case for you. People with PCOS have a higher risk of developing health problems in later life, such as type 2 diabetes and high cholesterol levels, as PCOS can make it easier to gain weight and more difficult to lose weight. Your doctor will talk to you about your symptoms to help rule out any other health conditions. It can be helpful to keep a note of your period dates and symptoms using a calendar, a diary or an app. This can help you track how the symptoms are affecting your life, and will give your doctor more of an insight. Your doctor might recommend you have some hormone and/or blood tests, to rule out any other hormone-related conditions. You might also need to have an ultrasound scan, as this will help them to diagnose PCOS. If you’re diagnosed with PCOS, you may be referred to a specialist.