



## PCOS Resources

### Guide Books:

*The Quick Start Guide to PCOS*, Christine E. Marquette, RD, LD, CLT; 2011.  
[www.marquettenutrition.com](http://www.marquettenutrition.com)

*The Nutrition Guide to PCOS*, Christine E. Marquette, RD, LD, CLT; 2011.  
[www.marquettenutrition.com](http://www.marquettenutrition.com)

*The Supplement Guide to PCOS*, Christine E. Marquette, RD, LD, CLT; 2011.  
[www.marquettenutrition.com](http://www.marquettenutrition.com)

### Treatment Team Members:

Find a Cardiologist in your area: <http://www.cardiosource.org/Practice-Management/Find-A-Cardiologist.aspx>

Find a Dermatologist in your area: <http://www.aad.org/findaderm/>

Find an Endocrinologist in your area:  
<http://www.aace.com/resources/memsearch.php>

Find a Lipidologist in your area: <http://www.learnyourlipids.com/resources.php>

Find a Psychologist in your area: <http://www.findapsychologist.org/>

Find a Personal Trainer in your area:

ACSM: [http://forms.acsm.org/frm/crt/online\\_locator.asp](http://forms.acsm.org/frm/crt/online_locator.asp)

ACE: <http://www.acefitness.org/findanacepro/default.aspx>

NFPT: <http://www.nfpt.com/trainers.htm>

Find a Registered Dietitian in your area: <http://www.eatright.org/>

### Online Support Groups, Blogs:

[www.pcoschallenge.com](http://www.pcoschallenge.com)

[www.pcosfoundation.org](http://www.pcosfoundation.org)

[www.incyst.net](http://www.incyst.net)