

THERE ARE 4 TYPES OF PCOS – WHICH ONE ARE YOU?

TYPE A

This is the most severe and common form. You have all 3 of the following:

1. Irregular or no periods
2. High male hormones (testosterone/DHEA)
3. Polycystic ovaries on ultrasound



TYPE B

You have symptoms of high male hormones + irregular periods – but your ultrasound is normal. Signs:

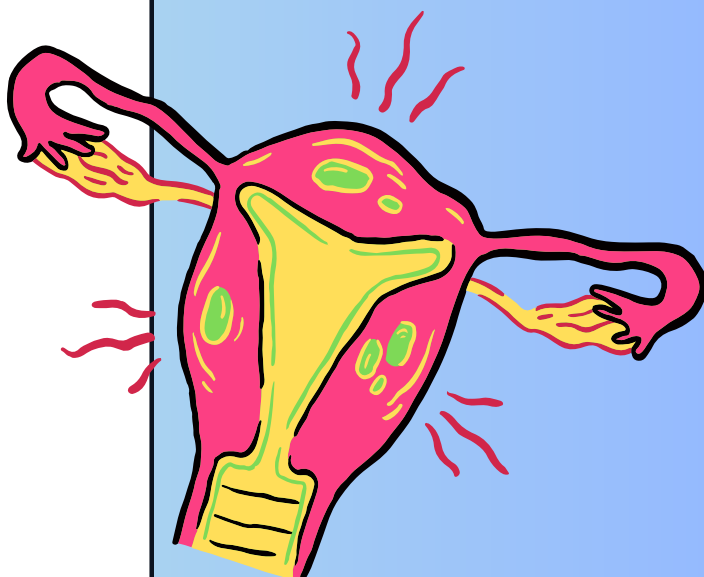
- Irregular periods
- Acne, facial/body hair
- Normal-looking ovaries on scan



TYPE C

You have regular periods, but high male hormones and/or polycystic ovaries. Signs:

- Normal cycles
- Acne, hair growth, or hair thinning
- Possible difficulty with weight or insulin



TYPE D

You only have polycystic ovaries on ultrasound, but no symptoms or hormone issues. Signs:

- Normal cycles
- Normal hormone levels
- No visible symptoms – may be diagnosed during an unrelated scan

