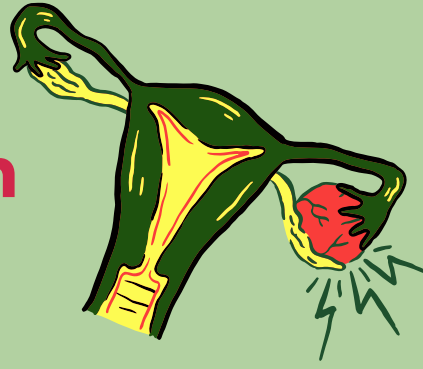


# PCOS: Signs you may have!

Let's break down the key signs of PCOS and why early detection matters for long-term health.



PCOS causes insulin resistance, leading to higher insulin levels that promote fat storage, especially around the belly, making weight loss difficult.

hair loss



High androgen levels in PCOS can shrink hair follicles, leading to thinning hair or scalp hair loss, especially near the crown.

acne



Excess androgens increase oil production in the skin, which clogs pores and causes persistent acne, often around the jawline.

hirsutism



Elevated male hormones trigger unwanted, coarse hair growth on the face, chest, or back.

fertility issues



Hormonal imbalance disrupts regular ovulation, making it harder to conceive naturally in many women with PCOS.

heavy flow



Infrequent ovulation leads to thickened uterine lining, which can cause heavy or prolonged periods when bleeding does occur.