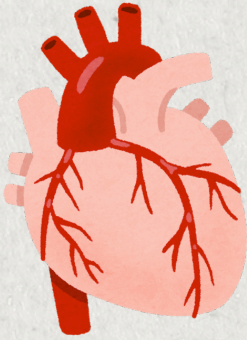


PCOS: long term risks

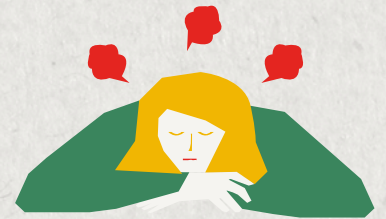
if you have PCOS you are at a higher risk for developing



cardiovascular disease



obesity



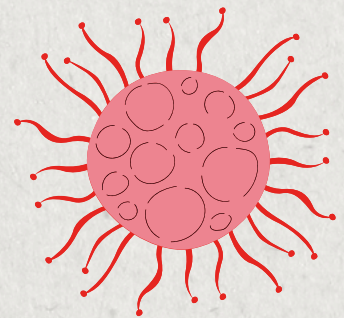
depression and anxiety



sleep apnea



type 2 diabetes



endometrial cancer

PCOS isn't just about reproductive health — its long-term risks, including diabetes, heart disease, and mental health challenges, make early management essential.

By staying informed and proactive, individuals with PCOS can take meaningful steps to protect their well-being.

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