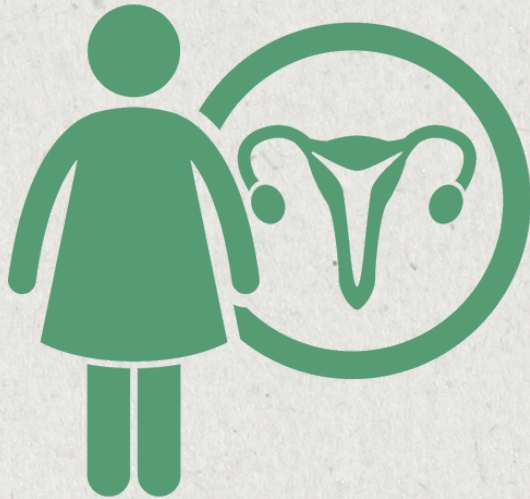


PCOS: WHAT TO LOOK OUT FOR

PCOS: What it really means



Polycystic Ovary Syndrome (PCOS) is a **common hormone condition** that affects how your ovaries work. It impacts up to 1 in 10 women of reproductive age.

In PCOS:

- The body makes more male-type hormones (called androgens) than usual.
- This can stop eggs from being released regularly (irregular periods).
- Small fluid-filled sacs (called cysts) may form in the ovaries.

Irregular Periods

If your periods are coming very late (more than 35 days apart), are unpredictable, or stop altogether for months

Unwanted Hair Growth

You may notice coarse hair growing on your face (upper lip, chin), chest, stomach, or back.



Acne or Oily Skin

If you have stubborn acne (especially on your jawline, cheeks, or chest) or your skin feels oily no matter what you do, this could be a hormonal clue.

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