

MEDICAL PRESCRIPTION

Tenderly Care - OB-GYN Telemedicine Platform

Doctor: Dr. Sarah Ashar

Date: 7/31/2025

Consultation ID: 688af86e61ad7fdf8b76a91a

Diagnosis

Possible Diagnoses: Polycystic Ovary Syndrome (PCOS)

Diagnosis Description: PCOS is a common endocrine disorder in women of reproductive age, characterized by hormonal imbalance leading to irregular periods, excess hair growth, acne, weight gain, and ovarian cysts.

Clinical Reasoning: The patient's presentation of prolonged menstrual bleeding, polymenorrhea, irregular cycle length, excess hair growth, acne, weight gain, and history of ovarian cysts aligns with the typical symptoms of Polycystic Ovary Syndrome (PCOS). The presence of acanthosis nigricans and insulin resistance suggests metabolic disturbances commonly seen in PCOS. The inconclusive previous consultation and the sudden worsening of symptoms raise concern for PCOS as a likely diagnosis.

Medications

Combined Oral Contraceptives - As prescribed

Frequency: Daily

Duration: Long-term

Reason: To regulate menstrual cycles and reduce androgen levels

Notes: Avoid in case of known allergies or contraindications

Recommended Investigations

Pelvic Ultrasound - To assess ovarian morphology and confirm the presence of ovarian cysts

Priority: medium

Hormonal Blood Tests (LH, FSH, Testosterone, Insulin) - To evaluate hormonal levels and insulin resistance associated with PCOS

Priority: medium

Treatment Recommendations

Primary Treatment: Management of PCOS involves lifestyle modifications, hormonal regulation, and addressing metabolic concerns.

Lifestyle Modifications:

- Weight management through diet and exercise

- Stress reduction techniques

Dietary Advice:

- Balanced diet rich in fruits, vegetables, and whole grains
- Limit sugar and refined carbohydrates intake

Follow-up Timeline: Follow-up in 4-6 weeks to assess treatment response and adjust management plan

Patient Education

- PCOS is a common condition that can be managed effectively with lifestyle changes and medications.
- Regular follow-up with your healthcare provider is important to monitor your progress and adjust treatment as needed.

Warning Signs

- Severe abdominal pain
- Excessive vaginal bleeding

This diagnosis is AI-generated and should not replace professional medical consultation. Always consult with a qualified healthcare provider for medical advice.

Dr. Dr. Sarah Ashar

Digital Signature Applied

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