

MEDICAL PRESCRIPTION

Tenderly Care - OB-GYN Telemedicine Platform

Doctor: Dr. Sarah Ashar

Date: 7/31/2025

Consultation ID: 688a30b20d0be65d45a7752b

Diagnosis

Possible Diagnoses: Polycystic Ovary Syndrome (PCOS)

Diagnosis Description

PCOS is a common endocrine disorder in women of reproductive age, characterized by hormonal imbalances 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 known ovarian cysts align with the typical symptoms of Polycystic Ovary Syndrome (PCOS). The presence of acanthosis nigricans and insulin resistance suggests metabolic disturbances commonly seen in PCOS.

Confidence Score: 0.85

Medications

[object Object] - As per doctor recommendation

Frequency: As per doctor recommendation

Duration: As per doctor recommendation

Instructions: As per doctor recommendation

Recommended Investigations

Investigation

- No specific tests

Investigation

- No specific tests

Treatment Recommendations

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

Safe Medications: [object Object]

Lifestyle Modifications:

- Weight management through diet and exercise
- Stress reduction techniques

Dietary Advice:

- Balanced diet rich in fruits, vegetables, and whole grains
- Limit processed foods and sugars

Follow-up Timeline: Follow-up in 1-2 months 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 weight gain or sudden changes in symptoms

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

This is a digitally generated prescription from Tenderly Care platform