

# 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.*

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Dr. Dr. Sarah Ashar

Digital Signature Applied

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