

Polycystic Ovarian Syndrome

Common Symptoms of PCOS:

- Infertility
- Abnormal bleeding
- Obesity
- Excess Facial/Body Hair Growth
- Scalp Hair Loss
- Acne
- Blood Sugar Imbalance
- Difficulty Losing Weight



Polycystic Ovarian Syndrome (PCOS) is a medical condition that affects hormone levels, menstrual cycles, fertility, physical appearance; and affects 5-10% of women of reproductive age.

- Women with PCOS often have insulin resistance. A condition where the body cannot fully use insulin to manage blood sugar levels. Insulin resistance can quickly lead to weight gain, particularly on the tummy. If insulin resistance is not treated, then more serious health problems such as diabetes and heart disease can develop.
- PCOS is one of the leading causes of infertility
- To be classified as having PCOS, 2 of the 3 following symptoms must be present:
 - Absence of, or irregular ovulation which may include irregular periods
 - Increased levels of DHEA and testosterone
 - Ultrasound evidence of polycystic ovaries

How can you check for PCOS?

Testing your hormones with a saliva hormone test. The Comprehensive Plus Panel (estrone, estradiol, estriol, progesterone, testosterone, DHEA, cortisol x4) can identify factors that contribute to PCOS, e.g:

- Short cycles (possible luteal phase defect)
- High levels of DHEA & testosterone (androgens)
- Irregular ovulation
- Estrogen dominance
- Adrenal dysfunction