

Patient Information

What is Polycystic ovary syndrome (PCOS)?

Polycystic ovary syndrome (PCOS) affects the way a woman's ovaries work. This happens due to the hormonal imbalance in the brain (pituitary gland) and the ovaries. PCOS is a very common condition affecting on average 1 in 5 women.

Are polycystic ovaries dangerous?

No, but may increase your risk of other factors. Possible long-term implications of PCOS are Diabetes and Cardiovascular disease; however, you can reduce the risk with certain strategies.

To reduce the risk, we advise:

- Healthy diet
- Weight control
- Exercise
- Stop smoking
- Blood test to monitor blood glucose level (HbA1C—please ask your GP to request the test yearly)
- Monitor your blood pressure

There is no strong evidence that PCOS by itself can cause weight gain or that having PCOS makes weight loss difficult or impossible.

Many patients find great benefit from support groups such as:

<http://www.verity-pcos.org.uk>

If you have any concerns, do not hesitate to discuss them with your GP.