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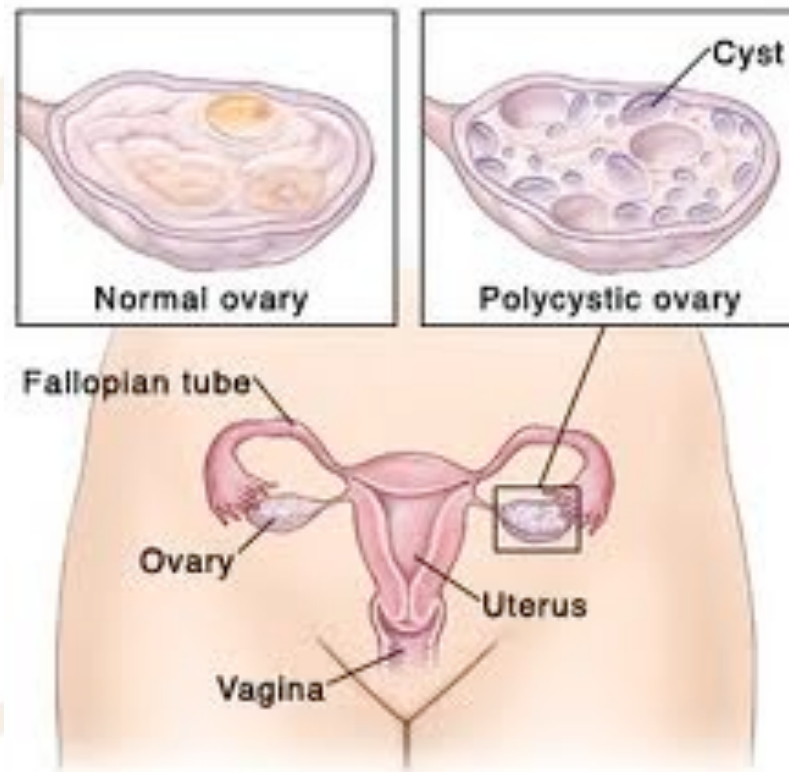
**[www.NCCRM.com](http://www.NCCRM.com)**



# Polycystic Ovarian Syndrome (PCOS)

# What is PCOS?

Polycystic ovarian syndrome is a condition that impacts a woman's endocrine system and can cause infertility. It affects 10 - 15% of women.



# What is PCOS?

Several names for PCOS:

- Polycystic Ovarian Syndrome
- Polycystic Ovary Disease
- Polycystic Ovaries
- Stein-Leventhal Syndrome
- Polyfollicular Ovarian Disease

# What is PCOS?

Women with PCOS have:

- Normal uterus
- Normal fallopian tubes
- Ovaries that contain many small follicles or cysts
- Eggs in the ovaries don't grow normally
- Very abnormal ovulation
- Difficulty conceiving without reproductive assistance

# Who does PCOS affect?

- Most common hormonal disorder among women of reproductive age
- One of the leading causes of fertility problems
- As many as 5 million women have PCOS in the United States
- Can occur in girls as young as 11 years old
- Common for women to have irregular or missed periods

# Symptoms of PCOS

- Irregular or missed periods
- Obesity
- Extra hair on face and body
- Thinning hair on the scalp
- Fertility problems
- Cause of miscarriage
- Heart disease
- Hypertension
- Diabetes
- Depression



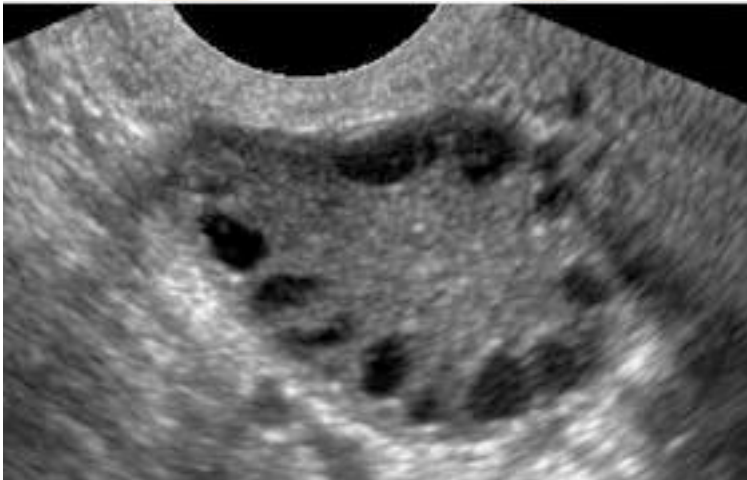
# What causes PCOS?

- Glucose intolerance due to defective insulin or insulin receptor
- Carbohydrate digestion results in elevated insulin levels
- Due to the connection between elevated insulin and testosterone in the body results in elevated testosterone levels
- Elevation in testosterone levels causes most of the symptoms of PCOS



# How is PCOS diagnosed?

- Ask questions about past health, symptoms and menstrual cycles
- Do a physical exam to look for signs of PCOS, such as extra body hair and high blood pressure
- Check your height and weight to assess BMI (Body Mass Index)
- Do lab tests to check blood sugar, insulin and other hormone levels to rule out thyroid problems
- Do a pelvic ultrasound to look for cysts in the ovaries



# How do we fix this?

- Glucophage (Metformin) is a prescribed medicine that helps with digestion of sugar
- Combination of low carbohydrate diet and Glucophage can improve symptoms
- Results in decreases in insulin and therefore a decrease in testosterone
- Once testosterone decreases, the symptoms of PCOS decrease
- Ovulation improves
- Easy to treat with Clomid
- Continue Glucophage during pregnancy through 12 weeks to reduce risk of miscarriage

# How do we fix this?

## Ovarian Drilling



# PCOS

- Q & A
- [www.PayItForwardFertility.org](http://www.PayItForwardFertility.org)