



SPOTTING THE SIGNS OF PCOS

As many as 5 million women in the U.S. suffer from polycystic ovarian syndrome, or PCOS.

This condition is not only one of the most common causes of infertility in women, it also increases the risk of long-term serious health issues.

PCOS causes the body to be unable to process insulin effectively, often leading to Type 2 diabetes. It increases the amount of androgen in the body, too. This can prevent ovulation, making it difficult to get pregnant.

Answer the Yes or No questions below to identify if you may be suffering from PCOS. Make an appointment with your health care provider if you're concerned about any of these risk factors.

- YES NO Do you have a family history of PCOS?
- YES NO Do you have diabetes?
- YES NO Do you have a family history of diabetes?
- YES NO Is the hair on your scalp thinning or falling out?
- YES NO Do you have acne?
- YES NO Have you noticed darker, thicker facial hair or body hair growth?
- YES NO Is the time between periods constantly changing?