DR. ALI RAZA NAQVI · CONSULTANT ENDOCRINOLOGIST & DIABETOLOGIST

Polycystic Ovary Syndrome (PCOS)

Understanding PCOS and how to manage it

PATIENT INFORMATION LEAFLET

PCOS is a common hormone condition in women. It affects periods, skin, hair, weight and fertility, and increases the risk of diabetes later in life. It can be managed very well.

1 Common features

- Irregular, infrequent or absent periods
- Acne and oily skin
- Extra hair on the face or body; thinning scalp hair
- Weight gain, especially around the waist
- Difficulty getting pregnant

2 What helps

- Losing 5–10% of body weight can restore regular periods
- Regular physical activity — 30 minutes most days
- Fewer sugary foods and refined carbohydrates
- Medicines to regulate periods, reduce hair and acne, or improve insulin resistance
- Fertility treatment when planning pregnancy

3 Look after your long-term health

- Check blood sugar regularly (HbA1c or glucose test)
- Ask about snoring or sleep apnoea
- Check cholesterol and blood pressure
- Look after your emotional wellbeing — PCOS can affect mood and confidence

⚠ When to get medical help

- No period for more than 3 months
- Very heavy or prolonged bleeding
- Rapid hair growth or deepening voice (needs specialist tests)

TIP PCOS is common and treatable — you are not alone.

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