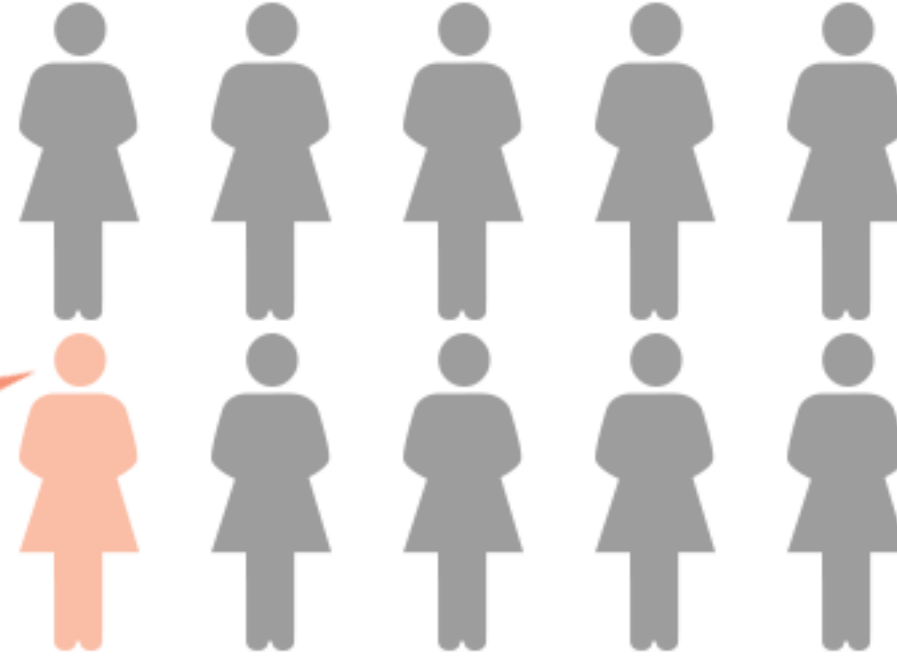




# PCOS & Infertility

1 in 10  
women  
in the United States  
are diagnosed with  
polycystic ovary  
syndrome  
(PCOS)



**NOT**  
all women  
have the same  
symptoms

PCOS is a **collection of symptoms** found together

## PCOS Symptoms

- chronic lack of ovulation
- high levels of testosterone
- ovaries that have multiple small cysts containing eggs

## Other PCOS Symptoms

- overweight
- increased hair growth
- acne
- infertility

## An Increased Risk

PCOS is caused by a resistance to insulin that creates high levels of insulin.

Women with PCOS are at a high risk for:

- Type 2 diabetes
- Endometrial cancer
- Metabolic syndrome
- Hyperlipidemia

## Diagnosing PCOS

PCOS is diagnosed through a physical exam, ultrasound, and blood tests. Women must have 2 of the 3 above symptoms to have PCOS.

## Treatment Options

Treatment depends on the woman's needs. If she is trying to get pregnant, a combination of medication or vitro fertilization (IVF) may be recommended. If she is not trying to get pregnant, hormone medications are typically recommended.

Discuss treatment options with your doctor.



**Kaldas Center is here for you!**  
Schedule your appointment today: (920) 886-2299