





Polycystic ovary syndrome

Also called: PCOS

A hormonal disorder causing enlarged ovaries with small cysts on the outer edges.

Very common

More than 10 million cases per year (India)

-  Treatable by a medical professional
-  Requires a medical diagnosis
-  Lab tests or imaging always required
-  Chronic: can last for years or be lifelong

The cause of polycystic ovary syndrome isn't well understood, but may involve a combination of genetic and environmental factors.

Symptoms include menstrual irregularity, excess hair growth, acne and obesity.

Treatments include birth control pills to regularise periods, medication called metformin to prevent diabetes, statins to control high cholesterol, hormones to increase fertility and procedures to remove excess hair.

Ages affected



Symptoms

Requires a medical diagnosis

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People may experience:

Menstrual: abnormal menstruation, absence of menstruation, heavy menstruation, infrequent menstruation, irregular menstruation, short and light menstruation, or spotting

Skin: acne, oily skin, or skin tag

Weight: obesity, overweight, or weight gain

Also common: depression, inappropriate male features, infertility, loss of scalp hair, pot belly, type 2 diabetes, or unwanted hair

Consult a doctor for medical advice

Note: The information you see describes what usually happens with a medical condition, but doesn't apply to everyone. This information isn't medical advice, so make sure that you contact a health care provider if you have a medical problem. If you think you may have a medical emergency, call your doctor or a emergency number immediately.

Sources: Apollo Hospitals and others. [Learn more](#)