



new things to know about PCOS



1

PCOS is a long term condition with wide-ranging features beyond reproductive health.



2

There are knowledge gaps amongst health professionals needing to be addressed by the Guideline resources.



3

Doctors may use AMH levels instead of ultrasound to diagnose PCOS in adults.



4

PCOS carries a strong risk of premature diabetes and heart disease, which needs recognition, screening and prevention.



5

PCOS has a high prevalence of mental health impacts, including depression and anxiety. Stigma related to weight, facial & body hair & severe acne can contribute. Treatment alleviates these.



6

Manage PCOS with healthy lifestyle habits such as being as active as possible and eating healthy food most of the time.



7

Laser & light therapy for reducing unwanted hair caused by PCOS are good options.



8

PCOS is considered a high-risk condition in pregnancy which needs recognition, screening & prevention.



9

Higher weight can affect fertility & pregnancy.



10

There are effective treatments for both the medical & fertility impacts of PCOS.

*Based on changes in the 2023 International Evidence-based Guideline for the assessment & management of polycystic ovary syndrome.



The AskPCOS App provides comprehensive, high quality PCOS information and support tools that are based on the latest evidence.
www.askpcos.org

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