



PCOS Treatment

Early diagnosis and treatment are important for your overall health.

If I have irregular or no periods what can I do?



Consider taking the oral contraceptive pill as prescribed by your health professional (improves cycles, reduces excess face/body hair & acne).



Consider a medication called Metformin if prescribed by your doctor (improves ovulation, menstrual cycles, weight & metabolic features).



When on no contraception, having less than 4 menstrual cycles per year needs medical attention & treatment.

If I have increased body hair what can I do?



Mechanical (laser) & light therapy



Electrolysis



Threading



Waxing

If commonly used ways to remove hair do not work there are medications that you can try such as the contraceptive pill (lowers androgen levels) can be used. These medications should be used for about 6 months before changing dose or medication, to be effective. Anti-androgens* can be added at this time if needed. Talk with your health professional about this.

*Please note anti-androgen medications should not be used without adequate contraception.

If I want to have children, what should I do?



Aim for a healthy lifestyle and reduce weight if needed by 5-10% of total body weight.



Take folate, see your doctor and if needed seek help to cease smoking, reduce alcohol and prepare yourself for a healthy pregnancy.



Consider planning your pregnancy/s prior to age 35yrs to improve pregnancy success rates.



If you have difficulties getting pregnant there is a lot of medical support such as: (first-line) oral ovulation induction agents, (second-line) surgery or injections of gonadotrophins and (third-line) IVF. See Fertility Infographic.

To reduce my risk of chronic disease what should I do?

1

Aim for a healthy lifestyle. For those in a larger body, aim to maintain weight. A small weight reduction can lower chronic disease risk.

2

Metformin can help prevent weight gain when combined with a healthy lifestyle and helps balance hormones & reduce the risk of developing diabetes.



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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