

FREE Health Seminar



Government of South Australia

Children, Youth and Women's
Health Service



Polycystic Ovary Syndrome

Polycystic Ovary Syndrome (PCOS) is a common hormone problem for women. The first symptoms often appear around puberty and can continue through and beyond the reproductive years.

Many women who have PCOS don't know they have it. The symptoms may include:

Excess facial and/or body hair or hair loss

Acne on the face and/or body

Irregular or missed periods

Problems getting pregnant

Weight problems including obesity

Polycystic ovaries on ultrasound.

The symptoms of PCOS can be treated successfully. However, many women remain undiagnosed, which puts them at a higher risk of heart disease, cancer and diabetes.

Good medical treatments are available to manage the individual symptoms of PCOS and some of the newer treatments focus on resistance to the insulin hormone. Changes to diet and exercise that result in weight loss have also been found to help.

If you think you may have PCOS see your GP about your symptoms. For further information and support telephone the **Women's Healthline on 1300 882 880** (Toll free from within SA).

To hear more from a reproductive specialist and a consumer about PCOS come along to a **FREE Health Seminar:**

Wednesday February 20, 2008

7:15pm–9:00pm

**Florey Lecture Theatre, University of Adelaide,
Medical School, Frome Road, Adelaide.**

To attend, please phone the Health Information Centre on **8161 6875**
or email cywhs.healthinformation@cywhs.sa.gov.au