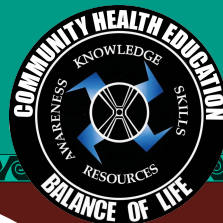


Poly-Cystic Ovarian Syndrome

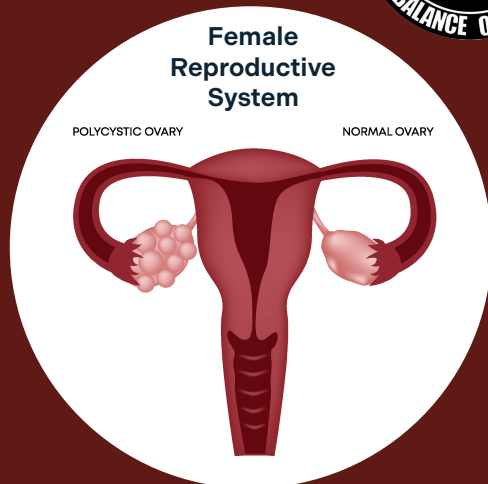
Otherwise more commonly known as PCOS



What is PCOS?

Poly-cystic ovarian syndrome or PCOS is a condition that affects a women's ovaries. There is no known exact cause of PCOS as cause can vary person to person. Further diagnosis is needed by a physician.

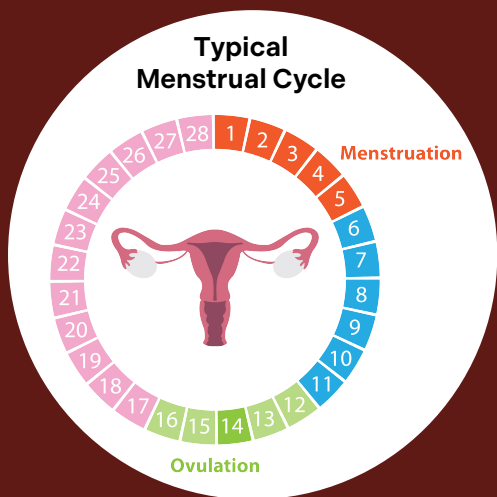
- PCOS is very common but if left undiagnosed and untreated can lead to serious complications later in life.



PCOS Symptoms

PCOS symptoms vary person to person and can include:

- Missed or irregular menstrual cycles
- Extra body hair on chest, stomach and back
- Weight gain
- Dark or thick skin patches on neck, armpits and under the breasts
- Infertility
- Cysts on ovaries



What should I do if I think I have PCOS?

Talk with your healthcare provider about your symptoms and ask what your next steps should be.

- PCOS diagnosis typically includes a pelvic exam, ultrasound and blood tests as some of your symptoms may overlap with other potential health conditions.



**Gila River Indian Community
Tribal Health Department
Community Health Education Program
(520) 562 - 5100**

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