



Dispelling PCOS Myths

PCOS is a rare disorder!

Affecting 5% to 10% of all women of childbearing age, PCOS is one of the most common hormone disorders among women in this age group.

Studies of the ovaries are necessary for a definitive diagnosis!

Confirmation of a PCOS diagnosis requires obtaining blood samples for a variety of hormones, including those produced by the ovaries, adrenal glands, pituitary gland and thyroid gland. A full physical examination and screening for cholesterol, triglyceride, glucose and insulin should also be part of a complete evaluation. Ultrasound and other radiological studies are done if the lab values are inconclusive.

Only overweight women have PCOS!

This could not be farther from the truth! Weight gain and obesity are only symptoms of this syndrome. In fact, they now believe there are two forms of PCOS one which causes insulin resistance and weight gain and another which simply causes menstrual irregularities and some hormonal abnormalities. In fact thin women with PCOS often find it very hard to be diagnosed as many associate PCOS with obesity.

If you don't have cysts, you don't have PCOS!

Most good doctors will tell you that cystic ovaries are no indication of whether or not an individual has PCOS, it is only a possible symptom of the syndrome. PCOS is often diagnosed through a review of hormone functions, glucose levels, and lipids, as well as family history. An ultrasound is often performed to indicate the presence of cysts but, should not be the only indicator for making a diagnosis.

Women with PCOS can not have children!

Although many women with PCOS have trouble getting pregnant, some women with PCOS have no trouble at all. In general, women with PCOS have a normal uterus and eggs and often have problems due to high insulin levels which can be brought down with medications so you are able to ovulate each month.

PCOS is a gynecological Disorder!

Since many of the symptoms involve a woman's reproductive system, PCOS is often mistaken for a gynecological disorder. It is, however, a disorder of the endocrine system, involving hormones and hormone production.