



The PCOS Fact Sheet

A polycystic ovary syndrome quick guide

Polycystic Ovary Syndrome (PCOS) is the most common hormonal problem in women. It is also a metabolic disorder that affects several body systems and can cause significant long-term health consequences.

It is estimated that approximately five to ten percent of women may have PCOS, with some researchers suggesting that the number is as high as ten percent.

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.

While no two women may have the same symptoms of PCOS, they are likely to include any or all of the following:

- **Infertility**
- **Irregular or absent periods**
- **Excess hair growth on face and body**
- **Male-Pattern hair thinning**
- **Acne**
- **Obesity**
- **Lipid Abnormalities**

The susceptibility to PCOS is often inherited; however the precise cause is unknown.

 **Project PCOS**

Awareness, Information and Support for Polycystic Ovary Syndrome

<http://www.projectpcos.org>