

## ***If You Have Polycystic Ovarian Syndrome (#39)***

Polycystic Ovarian Syndrome consists of a variety of symptoms. If you suspect or know that you have this disease, discuss the following with your doctor.

- ❑ Some women with PCO have abnormal FSH hormone and LH hormone ratio (often the LH levels are elevated); ask your doctor how yours is.
- ❑ Are your serum lipid (fat) levels normal or abnormal? (Often the HDL is low and the LDL is higher.) Is your total cholesterol under 200 mg/dl? Are your low density LDL, lipoprotein levels, below 100 mg/dl and are your HDL, high-density lipoproteins, over 35 mg/dl?
- ❑ Do you have a normal blood sugar level after a glucose tolerance test?
- ❑ Ask your doctor about the use of Metformin™ to regulate insulin metabolism. In some cases, this drug can help ovulation patterns become regular.
- ❑ Are the DHEA and DHEAS blood tests or free testosterone levels (androgen hormone) normal?
- ❑ Is your serum prolactin level normal?
- ❑ Has an ultrasound been done to evaluate your ovaries for cysts (at least 12 cysts in one ovary that are smaller than 10mm is indicative of PCOS)
- ❑ If you are not responding to ovulation induction medications and have elevated androgen levels, ask if you need dexamethasone to lower your androgen level.
- ❑ If you are not ovulating, ask your doctor about having a baseline bone density test.
- ❑ If you have irregular cycles or unusual vaginal bleeding, has an endometrial biopsy been done to rule out hyperplasia (excessive thickening of the uterine lining)?
- ❑ If you are using injectable drugs to enhance or trigger ovulation, discuss the increased risk for multiple gestations with your doctor.

***Further information on this topic is available through RESOLVE fact sheets. For a publications order form, go online to [www.resolve.org](http://www.resolve.org). You can also contact RESOLVE Headquarters at 1760 Old Meadow Rd, Ste 500, McLean, VA 22102 or 703.556.7172.***

Copyright RESOLVE  
All Rights Reserved