

8Yf'j c`ghÀbX][ Y`@Y]hZUXYb`XYg`<c`]gh]W  
<YU`h\`7cUW\`ni`D7CG

5i gk ]f\_i b[ Yb`Ui Z`XUg'dc`mmgh]gW\Y`Cj Uf]U`gmbXfca  
fD7CGŁ`Y]bY`j cb`nY\`b': fUi Yb`XYg`fYdfcXi \_h]j Yb`5`hYfg"  
5`Y]b`j]b`XYb`I G5`Ybhgd]f]W\h`XUg`i b[ YZÀ\`f`ZØbZA ]``cbYb  
: fUi Yb`"K Ybb`≠f'; Ygi bX\Y]hgWŁUW\]b[ !; YgW\ÀZh`k ÀW\ghž  
k YfXYb`G]Y`k U\fgW\Y]b`]W\`Ui Z`a ]bXYghYbg`Y]bYb`?i bXYb  
a ]h`D7CG`ghc»Yb`"5`g`Y]b'; Ygi bX\Y]hghfU]bYf9g`]gh`k ]W\h][ ž  
XUgg`G]Y`VYfY]h`g]bXž`≠fY`?i bXYb`VY]`XYf`9ffY]W\i b[ ]\fYf  
; Ygi bX\Y]hg!`i bX`K Y`bYggn]Y`Y`ni`i bhYfghØhnYbž`g]Y`Xi fW\  
[ Ygi bX\Y]h`]W\Y`<]bXYfb]ggY`ni`i bhYfghØhnYb`i bX`g]Y`ni  
VYZÀ\][ Ybž`k À\`fYbX`]fYg`[ YgUa hYb`@YVYbg`Y]b  
U``[ Ya`Y]bYg`K c\`VYZ]bXYb`ni`VYk U\`fYb`": Øf`Y]b][ Y`≠fYf  
?i bXYb`]gh`D7CG`a Ò[`]W\Yfk`Y]gY`Y]bY`6YX]b[ i b[ ž`X]Y`g]Y  
U`g`<]bXYfb]g`ZØf`X]Y`9ffY]W\i b[ ]\fYf'; Ygi bX\Y]hgn]Y`Y  
VYhfUW\hYbž`cXYf`g]Y`a ÒW\hYb`Y]bZUW\`bi f`/ Ua d^Y``]d/



5i gk ]f\_i b[ Yb`Ui Z`XUg'dc`mmgh]gW\Y`Cj Uf]U`gmbXfca`fD7CGŁ`  
Y]bY`j **cb`nY\`b': fUi Yb`**XYg`fYdfcXi \_h]j Yb`5`hYfg`"5`Y]b`j]b`XYb  
I G5`Ybhgd]f]W\h`XUg`i b[ YZÀ\`f`**ZØbZA ]``cbYb': fUi Yb`**"K Ybb`≠f

; Ygi bX\Y]hgWŁUW ]b[ !; YgWŁĀZh'k ĀWŁghž'k YfXYb'G]Y  
k U\fgWY]b`]WŁ'Ui Z'a ]bXYghYbg'Y]bYb'?'i bXYb'a ]h'D7CG'ghc»Yb"

5`g'Y]b'; Ygi bX\Y]hghfU]bYf9g']gh'k ]WŁh][ ž'XUgg'G]Y'VYfY]h'g]bXž  
ĀfY'?'i bXYb'VY]'XYf'9ffY]WŁi b[ ']\fYf'; Ygi bX\Y]hg!'i bX  
K Y`bYggN]Y`Y'ni 'i bhYfghØhnYbž'g]Y'Xi fWŁ' [ Ygi bX\Y]h']WŁY  
<]bXYfb]ggY'ni 'i bhYfghØhnYb'i bX'g]Y'ni 'VYŽĀ\][ Ybž'k Ā\fYbX']\fYg  
[ YgUa hYb'@YVYbg'Y]b'U`[ Ya Y]bYg'K c\`VYZ]bXYb'ni 'VYk U\fYb"

: Øf'Y]b][ Y'ĀfYf'?'i bXYb']gh'D7CG'a Ø[ `]WŁYfk Y]gY'Y]bY  
6YX]b[ i b[ ž'X]Y'g]Y'U'g<]bXYfb]g'ZØf'X]Y'9ffY]WŁi b[ ']\fYf  
; Ygi bX\Y]hgn]Y`Y'VYhfUWŁhYbž'cXYf'g]Y'a ØWŁhYb'Y]bZUWŁ'bi f  
'YfbYbž'k ]Y'g]Y'YZY\_h]j Yf'XUa ]h'i a [ Y\Yb'\_ØbbYb'"9g'a U[ 'Ui WŁ  
k U\f'gY]bž'XUgg'g]Y'D7CG'\UVYbž'UVYf'Yg']gh']\bYb'b]WŁh'k ]WŁh][ "

K ]Y'\_ØbbYb'; Ygi bX\Y]hgWŁUW Yg']b'X]YgYb'j YfgWŁ]YXYbYb': Ā`Yb  
\]žfY]WŁ'gY]b3'K Y`WŁY'ĀZcfa Uh]cbYb'\_ØbbYb  
; Ygi bX\Y]hgWŁUW Yg']\fYb'?'i bXYb'a ]h'D7CG'UbV]YhYbž'XUa ]h'g]Y  
g]WŁ'k c\`i bX'YfZØ`h'ZØ\`Yb3'

Ā'X]YgYa '@Y]hZUXYb'ZØf'; Ygi bX\Y]hgWŁUW Yg'ni 'D7CG'ghY`Yb'k ]f  
ĀbYb'X]Y'k ]WŁh][ ghYb'ĀZcfa Uh]cbYb'ni 'D7CG'ni f'JYfZØ[ i b[ 'i bX  
ØVYfdfØZYb'X]Y'XU\]bhYf'ghY\YbXYb': cfgWŁi b[ gYf[ YVb]ggY'k ]Y  
: ]hbYggž'9fbĀ\fi b[ ž'; Yk ]WŁh'i bX'GhfYgg'\_Ubb'XUg'D7CG!F]g]\_c  
i bX'X]Y'Gma dhca Y'VYY]bZi ggYb'"GWŁ'jY» `]WŁ'V]YhYb'k ]f'\_cb\_fYhY  
Hcc`g'i bX'9a dZY\`i b[ Yb'ZØf'7cUWŁYg'Ubž'i a ']\fY'?'i bXYb'a ]h  
D7CG'ni 'i bhYfghØhnYb'"

## Key Information about PCOS for Health Professionals

## What Is PCOS?

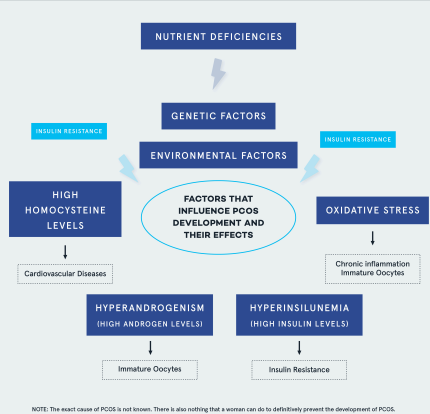
PCOS is a health condition that results from an imbalance in hormones that support the ability to have regular menstrual cycles and get pregnant.



### Common PCOS Symptoms

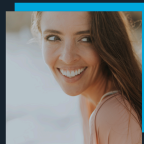
Some of the most common symptoms of PCOS include:

- Irregular menstrual cycles, including missed or irregular periods.
- Excess hair on the face, including on the chin, cheeks, and upper lip. This is called hirsutism and affects up to 70% of women with PCOS.
- Chronic acne on the face but could also extend to the neck, chest, and upper back.
- Thinning hair or hair loss.
- Weight gain.
- Difficulty losing weight.
- Darkening of the skin, especially where the skin creases.
- Skin tags, which are small excess skin flaps.



## Facts about PCOS

**1 IN 10**  
WOMEN HAVE PCOS



**5 MILLION**  
WOMEN IN THE US  
HAVE PCOS

PCOS IS THE MOST COMMON CAUSE OF INFERTILITY IN WOMEN

**WOMEN WITH PCOS ARE OFTEN INSULIN RESISTANT: THEIR BODIES MAKE INSULIN, BUT THEIR CELLS HAVE DIFFICULTIES READING INSULIN TO OPTIMIZE GLUCOSE UPTAKE.**

WOMEN WITH PCOS ARE MORE LIKELY TO DEVELOP OTHER HEALTH PROBLEMS, INCLUDING:

**Infographic Sources:**

Ajmal, Nida, Sanam Zeib Khan, and Rozeena Shaikh. 2019. "Polycystic Ovary Syndrome (PCOS) And Genetic Predisposition: A Review Article".

Refanero, Schain, Marie-Claude Battista, and Jean-Patrice Ballaroon. 2015. "Insulin Resistance And Lipotoxicity In PCOS: Causes And

Benardes, Japhet, Marie-Claude Morin, and Jean-Marc Malgouyres. 2003. "Insulin Resistance and Lipotoxicity in PCOS: Causes And Consequences". *Polycystic Ovary Syndrome*, 95-115. doi:10.1007/978-1-4614-8394-8\_7.

De Leo, V., M. C. Masiachio, V. Cappelli, M. G. Massaro, G. Morgante, and F. Petraglia. 2016. "Genetic, Hormonal And Metabolic Aspects Of PCOS: An Update". *Reproductive Biology And Endocrinology* 14 (1). doi:10.1186/s12958-016-0075-z.

Landay, Melanie, Andy Huang, and Ricardo Azziz. 2009. "Degree Of Hyperinsulinemia, Independent Of Androgen Levels, Is An Important Determinant Of The Severity Of Hirsutism In PCOS". *Fertility And Sterility* 92 (2): 643-647. doi:10.1016/j.fertnstert.2008.06.021.

Merkin, Sharon Stein, Jennifer L. Phly, Cynthia K. Sheu, and Dongli Yang. 2016. "Environmental Determinants Of Polycystic Ovary Syndrome". *PLoS One* 11(4): e0154038. doi:10.1371/journal.pone.0154038.

Patal, Seema. 2018. "Polycystic Ovary Syndrome (PCOS), An Inflammatory, Systemic, Lifestyle Endocrinopathy". *The Journal Of Steroid Biochemistry And Molecular Biology* 191 (1): 19–24. doi:10.1016/j.jsbmb.2016.09.011.

<sup>1</sup>WHO (World Health Organization) Diabetes, 2010. Centers for Disease Control and Prevention.

<sup>1</sup>PCOS (Polycystic Ovary Syndrome And Diabetes). 2020. Centers For Disease Control And Prevention. <https://www.cdc.gov/diabetes/basics/pcos.html>.

<sup>1</sup>Polycystic Ovary Syndrome (PCOS). 2020. Acoq.org. <https://www.acog.org/womens-health/topics/polycystic-ovary-syndrome-pcos>.

Polycystic Ovary Syndrome | Women's Health Gov., 2020, Women's Health Gov.  
<https://www.womenshealth.gov/a-z-topics/polycystic-ovary-syndrome>.

Jobolewski, Marissa, and Emily Barrett. 2014. "Polycystic Ovary Syndrome: Do Endocrine-Disrupting Chemicals Play A Role?", *Seminars in Reproductive Medicine* 32 (04): 356-176. doi:10.1095/sr-0314-1570088.

Yarali, Hakan, Aylin Yıldırım, Funda Aybar, Gıray Kabakçı, Orhan Bektöre, Elvan Akgöl, and Ali Özo. 2001. "Diastolic Dysfunction And Increased Homocysteine Concentrations May Contribute To Increased Cardiovascular Risk In Patients With Polycystic Ovary Syndrome". *Fertility And Sterility* 75, 3: 625-630.

76-024 500-504, doi:10.1216/a00075-026230107737-9.

## K Ug]gh'D7CG3

D7CG]gh'Y]b'; Ygi bX\Y]hgni ghUbXž'XYf'Ui g'Y]bYa  
I b[ 'Y]W\ [Yk]W\h'XYf'<cfa cbY'fYgi 'h]Yfhž'X]Y'X]Y': Å\[\_Y]h  
i bhYfghØhnYbž'fY[ Y'a Å»][ Y'A Ybghfi Uh]cbgnm\_Yb'ni '\UVYb'i bX  
gW\k Ub[ Yf'ni 'k YfXYb''

6Y]: fUi Yb'c\by'D7CG'gYbXYb'<cfa cbY'G][ bU'Y'Ub'X]Y  
9]YfghØW\_Yž'i a 'k Å\fYbX'XYf'Cj i 'Uh]cbgdYf]cXY'XYg  
A Ybghfi Uh]cbgnm\_'i g'YXYb'A cbUh'Y]b'9]'žfY]ni gYhnYb''

6Y]: fUi Yb''a Jh'D7CGB]YXf][ YfY'U'g'bcfa U'Y'^2 ghfc[ Yb!'i bX  
Dfc[ YghYfcbgd]Y[ Y'i bX'\Ø\YfY'U'g'bcfa U'Y'^5bXfc[ Ybgd]Y[ Y'  
ZØ\fYb'XUni ž'XUgg'g]W\XUg'9]Ybhk YXYf'b]W\h'gc'Ybhk ]W\_Y'hž'k ]Y  
Yg'gc''hYž'cXYf'b]W\h'j]b'X]Y'9]Y]hYf'žfY][ YgYhnh'k ]fX''8Yf'A Ub[ Y'  
Ub'9]gd fi b[ 'j YfÅbXYfh'X]Y'Gd]Y[ Y'j cb'^2 ghfc[ Ybž'Dfc[ YghYfcbž  
Zc''\_]i 'ÅfYa 'gh]a i 'jYfYbXYa 'cfa cb'fi G<Ł'i bX'i hY]b]g]YfYbXYa  
<cfa cb'fi@<Ł''

≠Zc'[ Y'XYf'5i gk ]f\_]i b[ Yb'Ui Z'X]Y'9]Ybhk ]W\_'i b[ 'i bX'X]Y  
: fY]gYhni b[ 'j]b'X]Y'; YVÅfa i hYf'\_Ubb'Y]bY': fUi 'j YfgÅi a hY'cXYf  
i bfY[ Y'a Å»][ Y'DYf]cXYb'[ Y\UVh'\UVYb''8]Yg'\_Ubb'ni  
I bžfi W\hVUf\_Y]h'i bX'ni f'9bhk ]W\_'i b[ 'Y]bYfž'a ]h': 'Øgg][ \_Y]h  
[ YZØ'hYf'GÅW\_Y]b'XYb'9]YfghØW\_Yb'ZØ\fYbž'X]Y'U'g'NmghYb  
VYnY]W\byh'k YfXYb''

### <Åi Z][ Y'D7CG!Gma dhca Y

9]b][ Y'XYf'\Åi Z][ ghY'Gma dhca Y''j cb'D7CG'i a ZUggYb.''

I bfY[ Y'a Å»][ Y'A Ybghfi Uh]cbgnm\_Ybž'Y]bgW\`Y»`]W\`j YfgÅi a hYf  
cXYf'i bfY[ Y'a Å»][ Yf'DYf]cXYb'', VYfgW\Øgg][ Yg'<Uuf]a 'i; Yg]W\hž  
Y]bgW\`Y»`]W\`Ua 'i? ]bbž'Ub'XYb'K Ub[ Yb'i bX'Ub'XYf'C VYf']ddY"  
8]Yg'bYbbh'a Ub'<]fgi h]ga i g'i bX'VYhf]Zh'V]g'ni '+\$i 'j cb': fUi Yb  
a ]h'D7CG''7\fc b]gW\Y'^5\_bY']a 'i; Yg]W\hž'\_Ubb'g]W\`UVYf'Ui W\`Ui Z  
<U'gž'6fi gh'i bX'cVYfYb'F ØW\_Yb'YfghfYW\_Yb''5i gXØbbYbXYg'<Uuf  
cXYf'<UufUi gZU''''; Yk ]W\hgni bU\ a Y''GW\k ]Yf][ \_Y]hYb'VY]a  
5VbY\ a Yb''J YfXi b\_Y'i b[ 'XYf'<Ui hž']bgVYgcbXYfY'Xcfhž'k c'X]Y  
<Ui h'\_b]hYfh''<Ui ha Uf\_Ybž'VY]XYbYb'Yg'g]W\`i a 'Y]bY  
ØVYfgW\Øgg][ Y'<Ui h'UddYb'\UbXY'h''

K Å\fYbX'X]Yg'Y]b][ Y'XYf'\Åi Z][ ghYb'Gma dhca Y'g]bXž'XYb\_Yb'G]Y  
XUfUbž'XUgg'YXY': fUi 'D7CG'i bhYfgW\]YX`]W\`i bX'j]b  
i bhYfgW\]YX`]W\Yb'GW\k YfY[ fUXYb'Yf'YVYb'\_Ubb''9g]gh'Ui W\  
a Ø[ 'j]W\ž'XUgg': fUi Yb'ØVYf\Ui dh\_Y]bY'Gma dhca Y'\UVYb''

# I fgUWYb'j cb'D7CG

8]Y[ YbUi Y'I fgUWY'j cb'D7CG']gh'b]W'h'VY\_Ubb'h''9g'[ ]Vh'Ui W  
b]W'hgž'k Ug'Y]bY': fUi 'hi b'\_Ubbž'i a 'X]Y'9bhk ]W' i b[ 'j cb'D7CG  
YbX[ Ø'h][ 'ni 'j Yf\]bXYfb''9b][ Y': U\_hcfYbž'j cb'XYbYb'9I dYfhYb  
k ]ggYbž'XUgg'g]Y'X]Y'9bhk ]W' i b[ 'XYf'9f\_fUb\_i b[ 'VYY]bZi ggYbž  
g]bX.'

; YbYh]\_. 'K Ybb'Y]bY': fUi 'Y]bY'D7CG!: Ua ]'Yb[ YgW]W'hY'\Uhž']gh  
Yg'k U\fgWY]b']WYfž'XUgg'Ui W'g]Y'D7CG'Ybhk ]W\_Y'h''8 Ug'[ YbUi Y  
a ]h'D7CG'j Yf\_bØdZhY'; Yb'k i fXY'YXcW'b]W'h]XYbh]Zn]Yfh"  
<c\Y'5bXfc[ Ybgd]Y[ Y'. 'K Å\fybX': fUi Yb'j cb'BUhi f'Ui g'Y]bYb  
b]YXf][ Yb'5bXfc[ Ybgd]Y[ Y'']b'\c\Yb'?cbnYbhfUh]cbYb'\UVYbž  
g]bX'g]Y'X]Y'<cfa cbYž'X]Y'XUg'5i ZhfYhYb'a Åbb']WYf'A Yf\_a U'Y  
k ]Y'?U\`Y]h'bUW'a Åbb']WYa 'A i ghYf'i bX'<UUfk i W'g']a  
'Yg]W'hghYi Yfb''': fUi Yb'a ]h'D7CG'\UVYb'\Ø\YfY  
5bXfc[ Ybgd]Y[ Y''U'g': fUi Yb'c\bY'D7CG"  
<c\Yf'÷bgi '']bgd]Y[ Y'. 'J ]Y'Y': fUi Yb'a ]h'D7CG'\UVYb'Y]bYb  
ØVYfXi fW'gW'b]hh]WYb'÷bgi '']bgd]Y[ Y'ž'XU'X]Y'NY''Yb'b]W'h'bcfa U'  
Ui ZXUg'<cfa cb'fYU[ ]YfYb'\_ØbbYb"  
<c\Y'Gd]Y[ Y''XYf'5a ]bcgÅi fY'<ca cWmghY]b'. '8]Yg'\_cffY']Yfh  
a ]h'b]YXf][ Yb'J ]hUa ]b'6%&!Gd]Y[ Y'b'i bX'Y]bYa 'Yf\Ø'hYb'F ]g]\_c  
ZØf'<YfnYf\_fUb\_i b[ Yb'VY]: fUi Yb'a ]h'D7CG"  
I a [ YVi b[ . 'K Å\fybX': cfgW'i b[ 'gh'bcW'']b'XYb'ZfØ\Yb  
GhUX]Yb'9g']gh'\_Ufž'XUgg'i bgYf'?ØfdYf'Xi fW'X]Y'j cb'i bg  
j YfnY\fhYb'@YVYbga ]hhY'ž'GW'Öb\Y]hg! i bX'FY]b][ i b[ gdfcXi \_hYž  
XYb'6cXYbž']b'XYa 'i bgYfY'@YVYbga ]hhY''Ub[ YVUi h'k YfXYbž'i bX  
XUg'K Uggyfž'XUg'k ]f'hf]b\_Ybž'YbXc\_f]b'k ]f\_YbXYb'7\Ya ]\_U']Yb  
Ui g[ YgYhnh']gh''@Y]XYf'\UVYb'X]Y'J YfVfUi WYf'Ui Z]bX]j ]Xi Y''Yf  
9VYbY'k Yb][ '?cbhf'c''Y'ØVYf'X]YgY': U\_hcfYbž'UVYf'ghUUh]WY'i bX  
df]j Uhk ]fhgW'UZh]WY'J cfgW'f]ZhYb'\_ØbbYb'i bgYf'F ]g]\_c  
j Yff]b[ Yfb"  
5bXYfY'6YX]b[ i b[ Yb.'. : fUi Yb'a ]h'<YfndfcV'Ya Ybž'8]UVYhYgž  
'Yhh'Y]V][ \_Y]h'i bX'5i hc]a a i bYf\_fUb\_i b[ Yb'Ybhk ]W\_Y'b'\Åi Z][ Yf  
D7CGž']bgVYgcbXYfY'k Ybb'DfcV'Ya Y'a ]h'XYa  
'fUb\_\Y]hga UbU[ Ya Ybh'Ui Z[ YhfYhYb'g]bX''

8Yf'<Ø\Ydi b\_h'X]YgYf': U\_hcfYb'j Yfi fgUW'h'cl ]XUh]j Yb'GhfYggž'XYf  
ni 'ZF]Y]b'FUX]\_U'Yb'ja ' '?ØfdYf'ZØ\fh'': fY]Y'FUX]\_U'Y'j Yfi fgUWYb  
NY''gW'ÅXYb'i bX'\_ØbbYb'X]YgY': U\_hcfYb'j YfgW'ja a Yfbž'k Ug'ni  
Y]bYa 'HYi ZY'g\_fY]g'j cb'cl ]XUh]j Yb'GhfYgg'i bX'DfcXi \_h]cb'ZF]Y]Yf  
FUX]\_U'Y'i bX''YhnhYbX'W'XUg': cfhgW'fY]hYb'XYf'?fUb\_\Y]h''8Yf  
HYi ZY'g\_fY]g'\_Ubb'Xi fW'Y'YbXYfi b[ Yb'XYg'@YVYbggh]g'k ]Y  
9fbÅ\fi b[ 'i bX'6Yk Y[ i b[ 'gck ]Y'Y]b][ Y'A YX]\_Ua YbhY  
j Yf'Ub[ gUa h'cXYf'[ Yghcddh'k YfXYb''

K ]W\ h][ Y': U\_hYb'ni 'D7CG

<]Yf'g]bX'Y]b][ Y'k ]W\ h][ Y': U\_hYb' i a 'X]Y'V]c'c[ ]gW\ Yb  
5i gk ]f\_i b[ Yb'j cb'D7CG'ni 'VYfØW\_g]W\ h][ Yb.

D7CG']gh'X]Y'\Äi Z][ ghY'I fgUW\ Y'ZØf'I bZfi W\hVUf\_Y]h'VY]: fUi Yb"  
: fUi Yb'a ]h'D7CG'g]bX'\Äi Z][ ' ]bgi ' ]bfYg]ghYbh' Æf'? ØfdYf  
dfcXi n]Yfh' Ægi ' ]bž'UVYf']\fY'NY''Yb'\UVYb'GW\ k ]Yf][ \_Y]hYbž  
 Ægi ' ]b'ni ''YgYbž'i a 'X]Y'; 'i \_cgYUi ZbU'a Y'ni 'cdh]a ]YfYb": fUi Yb  
a ]h'D7CG'Ybhk ]W\_Y'b'\Äi Z][ Yf'UbXYfY'; Ygi bX\Y]hgdfcV'Ya Yž  
XUfi bhYf.

Hmd'&'8]UVYhYg

GW\ k Ub[ YfgW\ UZhX]UVYhYg'<Yfn\_fUb\_\Y]h'<c\Yf'6'i hXfi W\_\<c\Yf  
@8@K Yfh'ZØf' gW\ YW\ hYg'7\c'YghYf]b'i bX'b]YXf][ Yf'@8@K Yfh  
ZØf' [ i hYg'7\c'YghYf]b'GW\ UZUdbcY'GW\ U[ UbZU''8YdfYgg]cb'i bX  
5b[ ghni ghÅbXY

8Yb\_Yb'G]Y'VY]a ' , VYfdfØZYb'XYf'cV][ Yb'@]ghY'Ub'Y]bYg.'9]b  
Yf\Ø\hYg'F]g]\_c' ]gh'b]W\ h'XUggY'VY'k ]Y'Y]bY'8]U[ bcgY''

A ]h'UbXYfYb'K cfhYbž'k Ybb' Æf'? i bXY'Ub'D7CG''Y]XYhž'VYXYi hYh  
X]Yg']b'\_Y]bYf'K Y]gYž'XUgg'Yf'Ui W\ 'Hmd!&'8]UVYhYgž  
<YfnYf\_fUb\_i b[ Ybž'6'i h\cW\ Xfi W\_\i gk "Ybhk ]W\_Y'h''9g[ ]Vh  
a Y\YfYfY': U\_hcfYbž'X]Y' ]\f' ]bX]j ]Xi Y''Yg'F ]g]\_c'ZØf'YXY'X]YgYf  
9f\_fUb\_i b[ Yb'VYgh]a a Ybž'i bX'Yg']gh'Y]bYf': fUi 'a ]h'D7CG  
Xi fW\ Ui g'a Ø[ 'W\ ž'X]Y'9f\_fUb\_i b[ 'YZZY\_h]j 'ni 'VY\UbXY'bž'c\ bY  
Y'a U'g'Y]bY'UbXYfY'ni 'Ybhk ]W\_Y'b"

9]bYg'XYf'k ]W\ h][ ghYb'9'Ya YbhY'ni f'JYff]b[ Yfi b[ 'XYg'F]g]\_cg  
UbXYfYf'; Ygi bX\Y]hgni ghÅbXY'i bX'ni f'JYfVYggYfi b[ 'XYg  
K c'\VYZ]bXYbg']gh'X]Y'6Y\UbX'i b[ 'j cb'D7CG'Xi fW\ Y]bYb  
[ Ygi bXYb'@VYbggh]'i bX'X]Y'UbgW\ 'Y» YbXY'Äfnh]W\ j YfcfXbYhY  
6Y\UbX'i b[ ""

K Ug'\_ØbbhY'Y]bY'D7CG!8]U[ bcgY'ZØf' ÆfYb  
? i bXYb'VYXYi hYb3

9g[ ]Vh'nk Y]'8]b[ Yž'X]Y'ZØf'YXY'D7CG!8]U[ bcgY'ni hfYZZYb''

CVk c\''Yg'Y]bY'FY]\Y'j cb'5bnY]W\ Yb'i bX'Gma dhca Yb'[ ]Vhž'XUgg  
: fUi Yb'Y]bY'D7CG!8]U[ bcgY'\UVYb'a ØggYbž'Yf'YVh'D7CG  
b]Ya UbX'Ui Z'X]Y'[ 'Y]W\ Y'K Y]gY''D7CG'\_Ubb'ZØf'j YfgW\]YXYbY  
: fUi Yb'gY\fi bhYfgW\]YX'W\ Y'6YXYi hi b[ Yb'\UVYb''K Ybb'ZØf  
Y]bY': fUi ž'\_ØbbhY'Yg'Y]bY'a ]b]a U'Y'5i gk ]f\_i b[ 'Ui Z']\f'@VYb  
\UVYb'/Ni a 'UbXYfYb'\_ØbbhY'X]Yg'Yfbgh\UZhY'6YZØfW\ hi b[ Yb

\]bg]W\h]W\`XYf': fi W\hVUf\_Y]h'i bX`XYf': Å\][ \_Y]hž? ]bXYf'ni  
\UVYbž'Ui Z\_ca a Yb`UggYb"

5`g'; Ygi bX\Y]hghfU]bYf']gh`Yg`k ]W\h][ ž`XUgg`G]Y`VY]XY  
VYfØW\_g]W\h][ Ybž`k Ybb`G]Y`a ]h`Y]bYa `?i bXYb`UfVY]hYbž`XYf`ØVYf  
D7CG`j YfZØ[ h"

D7CG`\_Ubb`XUg`K c\`VYZ]bXYb`≡fYg`?i bXYb`]b`j ]Y`Yf`Y]'<]bg]W\h  
VYY]bhfÅW\h][ Yb`"K ]f`\UVYb`Y]b][ Y`XYf`a Ø[ `]W\Yb`5i gk ]f\_i b[ Yb  
j cb`D7CG`Ui Z`X]Y'; Ygi bX\Y]h'i bX`XUg`U`[ Ya`Y]bY`K c\`VYZ]bXYb  
≡fYf`?i bXYb`]b`XfY]]j YfgW\]YXYbYb`6YfY]W\Yb  
ni gUa`a Yb[ YZUggh`d\mg]gW\Y`5i gk ]f\_i b[ Ybž`gc n]U`Y  
5i gk ]f\_i b[ Yb`gck ]Y`Ya`ch]cbU`Y`i bX`a YbhU`Y`5i gk ]f\_i b[ Yb"

? ØfdYf`]W\Y`5i gk ]f\_i b[ Yb

8]Y`d\mg]gW\Yb`5i gk ]f\_i b[ Yb`Y]bYf`9f\_fUb\_i b[ `VYn]Y\Yb`g]W\  
XUfUi Zž`k ]Y`Y]bY`DYfgcb`X]Y`V]c`c[ ]gW\Yb`5i gk ]f\_i b[ Yb`Ui Z`XUg  
5i ggY\Yb`i bX`XUg'; YZØ\`XYg'? ØfdYfg`YfZÅ\fh"

8]Y`a`Y]ghYb`Gma`dhca`Y`k YfXYb`U`g`\_ØfdYf`]W\Y`5i gk ]f\_i b[ Yb  
Ui Z`XYb`? ØfdYf`[ Ya`Y`XYh"

≡b`6Yni [ `Ui ZD7CG`\_Ubb`X]Yg`VYXYi hYb."

I bfY[ Y`a`Å»][ Y`A`Ybghfi Uh]cbgnm`\_Ybž`Y]bgW\`]Y»`]W\`gW\k YfYf  
cXYf`**gY\`f`gW\`a`Yfn\`UZHy`DYf]c`XYb**"`I bžfi W\hVUf\_Y]h"  
` VYfgW\Øgg][ Yg'; Yg]W\hg!`i bX`? ØfdYf\UUf""7\`fcb]gW\Y`5\_bY`ja  
; Yg]W\hž`\_Ubb`g]W\`UVYf`Ui W\`Ui Z`<U`gž`6fi gh'i bX`cVYfYb`F`ØW\_Yb  
YfghfYW\_Yb""5i gXØbbYbXYg`<UUf`cXYf`<UUfUi gZU`"  
; Yk ]W\hgdfcV`Ya`Yž`Y]bgW\`]Y»`]W\`; Yk ]W\hgni bU\`a`Y`cXYf  
GW\k ]Yf][ \_Y]hYb`VY]a`5VbY\`a`Ybž`X]Y`b]W\h`a`]h`9fbÅ\fi b[ `cXYf  
6Yk Y[ i b[ `ni gUa`a`Yb\`Åb[ Yb""<Ui hdfcV`Ya`Yž`Y]bgW\`]Y»`]W\  
JYfXi b\_Y`i b[ `XYf`<Ui hž`]bgVYgcbXYfY`VY]'<Ui hZU`hYbž`i bX  
<Ui hZYW\_Ybž`VY]`XYbYb`Yg`g]W\`i`a`\_`Y]bY`ØVYfgW\Øgg][ Y  
<Ui hUddYb`\UbXY`h"

9g`]gh`ØV`]W\ž`XUgg`X]Y`d\mg]gW\Yb`5i gk ]f\_i b[ Yb`Y]bYf  
9f\_fUb\_i b[ `X]Y`<Ui dhi fgUW\Y`ZØf`X]Y`5i gk ]f\_i b[ Yb`Ui Z`UbXYfY  
@VYbYbVYfY]W\Y`Y]bYf`DYfgcb`g]bX`"A`]h`UbXYfYb`K`cfhYbž  
Gma`dhca`Yž`X]Y`GW\`a`YfnYb`cXYf`Y]b`bY[ Uh]j`Yg`GY`VghV]`X  
j`Yfi fgUW\Ybž`\_ØbbYb`g]W\`bY[ Uh]j`\_Ui Z`X]Y`dgmW\]gW\Y'; Ygi bX\Y]h  
i bX`gc[ Uf`Ui Z`X]Y`6YfY]hgW\Už`icXYf': Å\][ \_Y]h`Y]bYf`DYfgcb  
Ui gk ]f\_Ybž`?cbhU`hY`ni`\_bØdZYb"

9a`ch]cbU`Y`i bX`a`YbhU`Y`5i gk ]f\_i b[ Yb

8]Y`Ya ch]cbU`Yb`i bX`a YbhU`Yb`5i gk ]f\_i b[ Yb`j cb`D7CG`\_ÖbbYb  
Ui Z`nk Y]`5fhYb`Ui ZhfYhYb`"

9fghYbg`U`g`X]fY`\_hY`5i gk ]f\_i b[ `j cb`\\cfa cbY`Yb`J YfÄbXYfi b[ Ybž  
X]Y`Xi fW`D7CG`\\Yfj cf[ Yfi ZYb`k YfXYb`"Ni a `6Y]gd]Y`\_ÖbbYb  
X]YgY`VYb`<cfa cbYž`X]Y`gW`k YfY`cXYf`gW`a Yfn`UZhY`DYf]cXYb  
j Yfi fgUW`Yb`fBmga Ybcff`cYŁ`Ui W`j Yfi fgUW`Yb`  
**Gh]a a i b[ ggW`k Ub\_i b[ Yb`"**

Nk Y]hYbg`\_ÖbbhY`X]Y`9fZU`fi b[ `XYf`Gma dhca Y`j cb`D7CG`Y]bYb  
9]bZi gg`XUfUi Z`\\UVYbž`k ]Y`Y]bY` : fUi `g]W`gY`Vgh`g]Y`hž`g]W`j b  
]`fYa `?ÖfdYf`ZØ`\\h`i bX`U`hÄ[ `]W`Y`5\_hj ]hÄhYb`Ui gZØ`fh`<]Yf  
Y]b][ Y`6Y]gd]Y`Y`."

9]bY` : fUi `a ]h`D7CG`]ggh[ Ygi bX`i bX`hfU]b]Yfh`fY[ Y`a Ä»][ ž`b]a a h  
UVYfi bYfk ØbgW`h`ni ``8]Yg`\_Ubb`Zfi ghf]YfYbX`gY]b`i bX`X]Y  
A ch]j Uh]cb`VYY]bh`ÄW`h][ Yb`"≡fY`?`]Ybh]b`\\Uh`k Ä`fYbX`j`fYf  
DYf]cXY`Yi hfYa Y`GW`a YfnYb`"A Ò[ `]W`Yfk Y]gY`a ÖW`hY`g]Y`j`fY  
G]hni b[ Yb`a ]h`]`fYa `; Ygi bX`Y]hgW`UW`UVgU[ Ybž`i bfY[ Y`a Ä»][  
YggYb`i bX`GW`UZh`Øfi b[ Yb`\\UVYb`"8Yf`GW`a Yfn`j Yfi fgUW`h  
[ fc»Y`5b[ gh`9]bY` : fUi `i bX`j`f`DUf`hbYf`j Yfgi W`Yb`gY]h`ZUgh`Y]bYa  
÷`f`ni `Ya dZUb[ Yb`"G]Y`j]gh`XYdf]a ]Yfhž`XUgg`]`f`D7CG  
k U`fgW`Y]b`]W`X]Y`i fgUW`Y`ZØf`]`fY`i bZfi W`hVUf`\_Y]h`]gh`"D7CG`\\Uh  
XUg`K UW`ghi a `j cb`X]W`Ybž`Xi b`\_Yb` ; Yg]W`hg\\UUfYb`Ua `?]bb`i bX  
Ub`XYb`K Ub[ Yb`Y]bYf` : fUi `j Yfi fgUW`h`"G]Y`k ÄW`ghi bX`fUg]Yfh  
g]W`ž`UVYf`Yg`j Yfi fgUW`h`Y]b[ Yk UW`gYbY`<UUfY`"8Ug  
i bYfk ØbgW`hY` ; Yg]W`hg\\UUf`VYY]bZi ggh`]`f`GY`VghV`]X`ni h]YZgh`"

8]Yg`g]bX`bi f`Y]b][ Y`XYf`a YbhU`Yb`i bX`Ya ch]cbU`Yb  
5i gk ]f\_i b[ Ybž`X]Y`D7CG`Ui Z` : fUi Yb`\\UVYb`\_Ubb`"8]Y`cV][ Yb  
6Y]gd]Y`Y`g]bX`\_Y]bY`i b[ Yk Ò`b`]W`Yb`i a ghÄbXY`"; **Ya Ä»`XYb  
: cfgW`i b[ gYf[ YVb]ggYb**: fUi Yb`a ]h`D7CG`g]bX`a Y`f`  
**Äb[ gh`]W`i bX`XYdfYgg]j** `U`g`X]Y`U`[ Ya Y]bY`6Yj Ò`\_Yfi b[ ž`i bX  
: fUi Yb`a ]h`D7CGž`X]Y`i bZfi W`hVUf`\_Y]h`VYf]W`hYhYbž`VYf]W`hYb`cZh  
ØVYf`8YdfYgg]cbYb`"

**9]bY`Ghi X]Y`**ZUbXYb`\\YfUi gž`XUgg`j cb` : fUi Yb`a ]h`D7CGž`X]Y`ØVYf  
8YdfYgg]cbYb`VYf]W`hYhYbž`\*`i `Xi fW`Y]b`bY[ Uh]j Yg`?ÖfdYfV`]X  
j Yfi fgUW`h`k i fXYb`"8U`Yf`gc`hYb`Ya ch]cbU`Y`i bX`\_ÖfdYf`]W`Y  
i bhYfgh`Øhni b[ `VY]`XYf`5fVY]h`a ]h` : fUi Yb`a ]h`D7CG`Yb[  
a ]hY]bUbXYf`j YfVi bXYb`gY]b`"

GW`Y]Y»`]W`\_Ubb`D7CG`Y]bYb`9]bZi gg`Ui Z`X]Y`Y]bYf` : fUi `\\UVYb`  
**k Y]V`]W`Y`≡XYbh]hÄh`i bX` ; fi ddYb]XYbh]hÄh`"K Ybb`X]Y**  
: fi W`hVUf`\_Y]h`a ]h`XYf`?Yfb]XYbh]hÄh`Y]bYf` : fUi `ni gUa a Yb`Äb[ h  
i bX`D7CG`Y]bYb`9]bZi gg`Ui Z`]`fY` : fi W`hVUf`\_Y]h`\\Uhž`\_Ubb`g]Y

Y]bYa`HfUi a U`ja`Ni gUa a Yb\Ub[`a`]h`XYf`5bdUggi b[`XYf`  
→Ybh]hAh`Ui g[ YgYhnh`gY]b`"D7CG`\_Ubb`Ui W`ja`K`]XYfgdfi W`ni  
]\fYf`?Yfb]XYbh]hAh`ghY\Yb`cXYf`Y]bYb`k`]W`h[ Yb`D`Uhn`b`]\fYf`  
→Ybh]hAh`Y]b[ Ybca`a`Yb`\UVYb`"

Gcn]U`Yf`9]bZi`gg`

K`Ybb`Y]bY`:`fUi`a`]h`D7CG`gck`c\``\_ÖfdYf`]W`Y`Gma`dhca`Y`U`g`  
Ui W`5i`gk`]f`\_i`b[ Yb`Ui`Z`]\fY`[ Y]gh[ Y`:`Ygi`bX\Y]h`\Uhž`]fY`  
6Yn]Y\i`b[ Yb`k`YfXYb`cZhiUi W`bY[ Uhj`VYY]bZi`ggh`"

K`Ybb`Y]bY`:`fUi`Y]b`bY[ Uhj`Yg`?ÖfdYfV`]X`\Uhž`]gh`Yg`  
k`U`fgW`Y]b`]W`Yfž`XUgg`g]Y`5b[ gh`\Uhž`k`Ybb`g]Y`NY]h`a`]h`]\fYb`  
:`fYi`bXYb`j`YfVf]b[ h`i`bX`]b`X]Y`²`ZZYbh`]W`\_Y]h`[ Y`h`"

K`Ybb`Y]bY`:`fUi`]gh`XYdf]a`]Yfh`ØVYf`]fY`i`bZfi`W`hVUf`\_Y]hž`  
→fY`6Yn]Y\i`b[ `ni`]\fYa`DUfhbYf`\_Ubb`Y]XYbž`XU`g]Y`5b[ gh`i`bX`  
GW`i`X[ YZØ\`Y`\Uh`"

K`Ug`<YU`h\`7cUW`Yg`hi`b`\_ÖbbYbž`i`a`Y]bYb`  
?i`bXYb`a`]h`D7CG`ni`i`bhYfghØhnYb`

GcVU`X`VY]`→fYa`?`YbhYb`Y]b`:`Ygi`bX\Y]hgni`ghUbX`X]U[ bcgh]n]Yfh`  
k`i`fXY`i`bX`Yf`a`Ö[`]W`Yfk`Y]gY`[ Ya`À»`XYb`5bk`Y]gi`b[ Yb`gY]bYg`  
5fnhYg`VY\UbXY`h`k`]fXž`\_ÖbbYb`:`Ygi`bX\Y]hghfU]bYf`j`cb`  
YbhgW`Y]XYbXYf`6YXYi`hi`b[ `gY]bž`i`a`X]Y`j`cb`D7CG`VYhfc`ZYbYb`  
?`YbhYb`Xi`fW`J`YfAbXYfi`b[ Yb`ja`@VYb`i`bX`Xi`fW`Y`bXYfi`b[ Yb`  
XYg`@VYb`ggg]`g`ni`i`bhYfghØhnYbž`X]Y`]\fY`@VYb`gei`U`]hAh`i`bX`  
U``[ Ya`Y]bY`:`Ygi`bX\Y]hj`YfVYggYfb`\_ÖbbYb`K`c\`VY]bXYb`"

8Yb`\_Yb`G]Y`XUfUbž`XUgg`G]Y`k`]W`h[ Y`→Zcfa`Uh]cbYb`VYUW`hYb`  
a`ØggYb`k`Ug`Xi`\_Ubbgh`i`bX`k`Ug`b]W`h`U`g`:`Ygi`bX\Y]hgW`UW`"  
C`ZYbg]W`h`]W`\_ÖbbYb`:`Ygi`bX\Y]hghfU]bYf`\_Y]bY`9a`dZY`i`b[ Yb`  
Ui`ggdfYW`Ybž`X]Y`[ Y[ Yb`X]Y`6Y\UbX`i`b[ ž`8]U[ bcgY`cXYf`  
6Y\UbX`i`b[ j`cb`9f`fUb`\_i`b[ Yb`Xi`fW`Y]bYb`5fnh`j`Yfghc»Yb`"G]Y`  
\_ÖbbYb`?i`bXYb`YXcW`VY]XYf`i`a`gYhni`b[ j`cb`@ZYghm`Y!`  
FUhgW`À[ Yb`i`bhYfghØhnYbž`X]Y`bUW`k`Y]g`]W`]\fYb`Ni`ghUbX`  
i`bhYfghØhnYbž`k`]Y`j`ca`Df]a`Äfj`Yfgcf[ i`b[ ghYUa`→fYg`?i`bXYb`  
[ YbY\`a`][`h`"

→gVYgcbXYfY`\_ÖbbYb`:`Ygi`bX\Y]hg!`i`bX`K`Y`bYgg!7cUW`Yg`XUni`  
VY]hfU[ Ybž`k`]W`h[ Y`8]g`\_i`gg]cbYb`a`]h`?i`bXYb`Ui`g`ZØbZ`  
j`YfgW`]YXYbYb`6YfY]W`Yb`ni`Yfa`Ö[`]W`Yb`Z]hbYggž`9fb`Ä\fi`b[ ž`  
:`Yk`]W`hgj`Yf`i`ghž`GhfYggVYk`Ä`h[ i`b[ i`bX`U``[ Ya`Y]bY`:`Ygi`bX\Y]h`"

8Yb\_Yb`G]Y`XUfUbž`\_cbnYbhf]YfYb`G]Y`≠f`7cUW]b[ `bi`f`XUbb`Ui`Z  
XUg`D7CG!A`UbU[ `Ya`Ybhž`k`Ybb`≠f`?i`bXY`X]YgYg`6YXØfZb]g`ni`a  
5i`gXfi`W\_`[ `YVfUW`h`U`h`K`Ybb`≠fY`?`jYbh]b`Yfk`Å`b`hž`XUgg`g]Y  
bYVYbVY]`D7CG`U`hž`X]Yg`g]Y`YXcW`b]W`h`VYhf]Z`h`i`bX`X]Yg`b]W`h  
XYf`<`Ui`dh[ `fi`bX`jghž`k`Ufi`a`g]Y`ni`≠bYb`[ `Y`\_ca`a`Yb`jghž`i`a  
l`bhYfghØ`h`ni`b[ `ni`Yf`U`hYbž`gc`hY`X]Yg`b]W`h`XYf`GW`k`Yfdi`b`\_h  
≠fYg`K`Y`bYgg!`7cUW]b[ `!D`Ub`g`gY]b`"

K`Ybb`G]Y`ni`gUa`a`Yb`a`j]h`≠fYa`?i`bXYb`XUg`D7CG!A`UbU[ `Ya`Ybh  
U`g`N]Y`X]XYbh]Z]n]Yfh`U`VYbž`\_Ø`bbYb`G]Y`a`j]h`i`a`j]b`YXYa`6YfY]W`  
ni`gUa`a`YbUfVY]hYbž`j]b`XYa`j]Ygi`bX`Y]hg!`i`bX`K`Y`bYgg!`7cUW]Yg  
9l`dYfhYb`g]bX`"≠a`j]c`[ `YbXYb`k`YfXYb`X]Y`Y]bnY`bYb`6YfY]W`Y`ja  
Ni`gUa`a`Yb`Ub[ `a`j]h`D7CG`Yf`Åi`hYfhž`i`a`G]Y`a`j]h`XYa`K`jggYb`i`bX  
XYb`B`UW`k`Y]gYb`ni`i`bhYfghØ`h`ni`Ybž`X]Y`G]Y`ZØf`≠fY`?i`bXYb  
VYbØh]j]Yb`"

#### [Download Guide: Key Recommendations Health Coach's Can Make to Clients with PCOS](#)

: ]hbYgg`i`bX`6Yk`Y[ `i`b[

6Yk`Y[ `i`b[ `j]gh`Y]bY`XYf`Y`Z`Y`\_h]j`ghYb`A`Yh`cXYb`ni`f`6Y`UbX`i`b[ `j]cb  
F`Y[ `Y`gW`a`YfnYb`i`bX`8mga`Ybcff`cY`"l`bhYfgi`W`i`b[ `Yb`U`VYb  
[ `YnY][ `hž`XUgg`g]Y`gc[ `Uf`bcW`k`j]f\_gUa`Yf`jgh`U`g`X]Y`9]bbU`a`Y`j]cb  
<cfa`cbgd]Y[ `Y`ni`\_cbhfc`YfYb`"

K`Ug`X]Y`c`fgW`i`b[ `gU[ `h

。 Vi`b[ `j]gh`Y]bY`XYf`Y`Z`Y`\_h]j`ghYb`A`Yh`cXYb`ni`f`6Y`UbX`i`b[ `j]cb  
F`Y[ `Y`gW`a`YfnYb`i`bX`8mga`Ybcff`cY`"l`bhYfgi`W`i`b[ `Yb`U`VYb  
[ `YnY][ `hž`XUgg`g]Y`gc[ `Uf`bcW`k`j]f\_gUa`Yf`jgh`U`g`X]Y`9]bbU`a`Y`j]cb  
5bU`[ `Yh]\_U`"

8Ug`Ua`VYghYb`i`bhYfgi`W`hY`J`c`fhY]`Y`j]cb`a`Y`f`XUfØVYf  
]a`b`ÅW`ghYb`HY]`"  
≠gd]f]Yfh]j`cb`5ZdUZ]hbYgg

8YhU]`g

6Ygi`W`Yb`G]Y`i`bg`Ui`Z`a`Y]b!Z]hbYgg`bYh