

Polycystic Ovary Syndrome - A Resource Pack

Polycystic Ovary Syndrome (PCOS)

Polycystic ovaries are very common, affecting around 20-30% of women. PCOS is also very common, affecting between 10% and 15% of women. PCOS is the name given to the condition in which women with polycystic ovaries also have one or more additional symptoms brought about by a number of hormonal imbalances.

Symptoms can include irregular or absent periods, irregular or no ovulation, reduced fertility, hirsutism, oily skin, acne, thinning hair, hair loss, weight problems, depression and mood changes. In addition to these symptoms many women with PCOS will have insulin resistance resulting in a four-fold increased risk of developing diabetes.

The Resource Pack

The resource pack was produced by PCOS UK which is a new multidisciplinary society for healthcare professionals caring for women with Polycystic Ovary Syndrome. This pack has been designed to assist healthcare professionals in treating their PCOS patients and contains:

- The newly launched *The Polycystic Ovary Syndrome: Guidance for Diagnosis and Management* written by Adam Balen, Professor of Reproductive Medicine.
- The recently published *Nutrition and Polycystic Ovary Syndrome*, and *Successful lifestyle change and Polycystic Ovary Syndrome*, booklets, written by Samantha Bailey, Registered Dietitian
- A range of leaflets produced by Verity for women with PCOS – *Polycystic Ovary Syndrome, Fertility, Dealing with Excess Hair, Hormones, Dealing with Acne, PCOS for Teenagers, Long-term Health Consequences, Nutrition and Alternative & Complementary Therapies*.
- The latest Verity newsletter and annual report.



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