



SYMPTOMS

# *Polycystic Ovary Syndrome*

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[www.thrivehealthconcepts.com.au](http://www.thrivehealthconcepts.com.au)

*High levels of androgens in women with PCOS can cause a number of unpleasant side effects. Symptoms can vary from person to person, but here are ...*

## 10 Common Symptoms of PCOS

- **Weight gain:** Women with PCOS may experience difficulty losing weight or maintaining a healthy weight.
- **Excess androgen:** High androgen levels (male hormones) can cause physical signs such as excess facial and body hair (hirsutism), acne, or male-pattern baldness.
- **Mood disorders & Headaches:** PCOS can contribute to the development of depression, anxiety, or mood swings. Hormonal changes can lead to headaches.
- **Irregular periods:** Women who have PCOS may encounter irregular, infrequent, or prolonged menstrual cycles and in some cases, no periods at all. Lack of ovulation prevents shedding of the uterine lining every month. In fact, some women with PCOS may have fewer than eight periods per year.
- **Heavy periods:** Due to the lengthened buildup of the uterine lining, it's common for periods to be heavier.
- **Polycystic ovaries:** Ovaries become enlarged and contain many fluid-filled sacs (follicles).
- **Darkening of the skin:** Skin patches (acanthosis nigricans) can appear in body creases such as the groin, neck, and under the breasts.
- **Difficulty getting pregnant:** PCOS interrupts the normal menstrual cycle and makes it harder to get pregnant. To conceive, ovulation is necessary. When women don't ovulate regularly, they release fewer eggs that can be fertilized. Polycystic Ovary Syndrome (PCOS) is a common reason for infertility in women.
- **Skin tags:** It's common for women to have small pieces of excess skin on their necks or armpits, commonly known as skin tags.
- **Sleep problems:** Insomnia or sleep apnea may be more common among women with PCOS.