

# Your Weekly Medical Advice

by Dr Yamuuna Punniya Moorthy

"Committed to the care of our patients and community"

  
euroa medical

## Clinic Hours

Monday – Friday 8am-6pm

Saturday 9am – 5pm

Phone (ALL HOURS) 5795 2011

## Emergency clinic

Sundays and public holidays 9am – 11am

(in our rooms @ Euroa Health)

Phone 5795 0200

# PCOS | Polycystic Ovary Syndrome

*DOC, I'M HAIRY, OVERWEIGHT AND HAVE IRREGULAR PERIODS!*

If the combination above describes you, you should speak to your doctor about the possibility of Polycystic Ovary Syndrome (PCOS). It is a hormonal disorder which affects 12-18% of women of reproductive age. A lot of the symptoms of PCOS are caused by high levels of 'male' hormones circulating in your body, namely testosterone. Symptoms of PCOS may include...

**Periods & fertility:** Problems with your period; whether they are non-existent, irregular, infrequent or heavy. Those with PCOS can also have ovarian cysts, immature ovarian eggs that do not ovulate and difficulty becoming pregnant.

**Hair & skin:** Excessive facial and/or body hair, acne on the face and body, scalp hair loss (alopecia) and darkened skin patches (known as acanthosis nigricans).

**Mental & emotional health:** Mood changes, depression and anxiety.

**Sleep:** Sleep apnoea. (A sleep disorder where there are abnormal pauses of breathing during sleep).

Reproduced from Jean Hailes: (<https://jeanhailes.org.au/health-a-z/pcos/symptoms-causes>)

You do not need to have all of the above symptoms to be diagnosed with PCOS. Your doctor will be able to assist you with the diagnosis. Early detection and intervention will ultimately reduce your risk of developing significant problems later on in life, such as Type 2 diabetes, womb cancer and heart disease.

We would appreciate your feedback or topics you would like to hear about at [business.manager@emfp.com.au](mailto:business.manager@emfp.com.au)