

Could I have PCOS?

Polycystic ovary syndrome (PCOS) symptom checklist



Worried about your irregular periods, facial hair or acne? This checklist can help you find out if they might be due to a hormonal condition called PCOS. Answer the questions by ticking the boxes below. Take the checklist with you when you visit your doctor.

Questions	Yes	No
Do you have irregular periods or no periods?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have excess hair on your face or body?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have hair loss from your scalp?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have acne (pimples)?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have skin tags (thick lumps of skin)?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have dark or velvety patches of skin?	<input type="checkbox"/>	<input type="checkbox"/>
Do you often feel anxious or depressed?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have difficulty managing your weight?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a close female family member with PCOS?	<input type="checkbox"/>	<input type="checkbox"/>

What is PCOS?

PCOS affects about one in 10 women. This condition is associated with increased levels of two hormones in the body – androgens (male-type hormones) and insulin. Women with PCOS may experience different symptoms which can range from mild to severe. Symptoms can also change at different stages of your life.

If symptoms are affecting your quality of life, talk to your doctor

They will ask about your symptoms and your medical history, and may recommend some tests, including a blood test and ultrasound.

Learn more about PCOS

From symptoms to solutions, you'll find so much more about PCOS on our website. Scan the QR code or visit jeanhailes.org.au/health-a-z/pcos

