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## Health care and support

[Clinic 35 Sexual and Reproductive Health](#)

Gateway Health 1800 657 573

Gateway Health Wodonga 02 6022 8888

Gateway Health Wangaratta 03 5723 2000

Gateway Health Myrtleford 03 5731 3500

[Meryula Clinic Benalla](#)

03 5761 4500

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1800 222 582 - press 4 for Community Health

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02 6071 5270

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03 5735 8050

Nurse on Call 1300 60 60 24



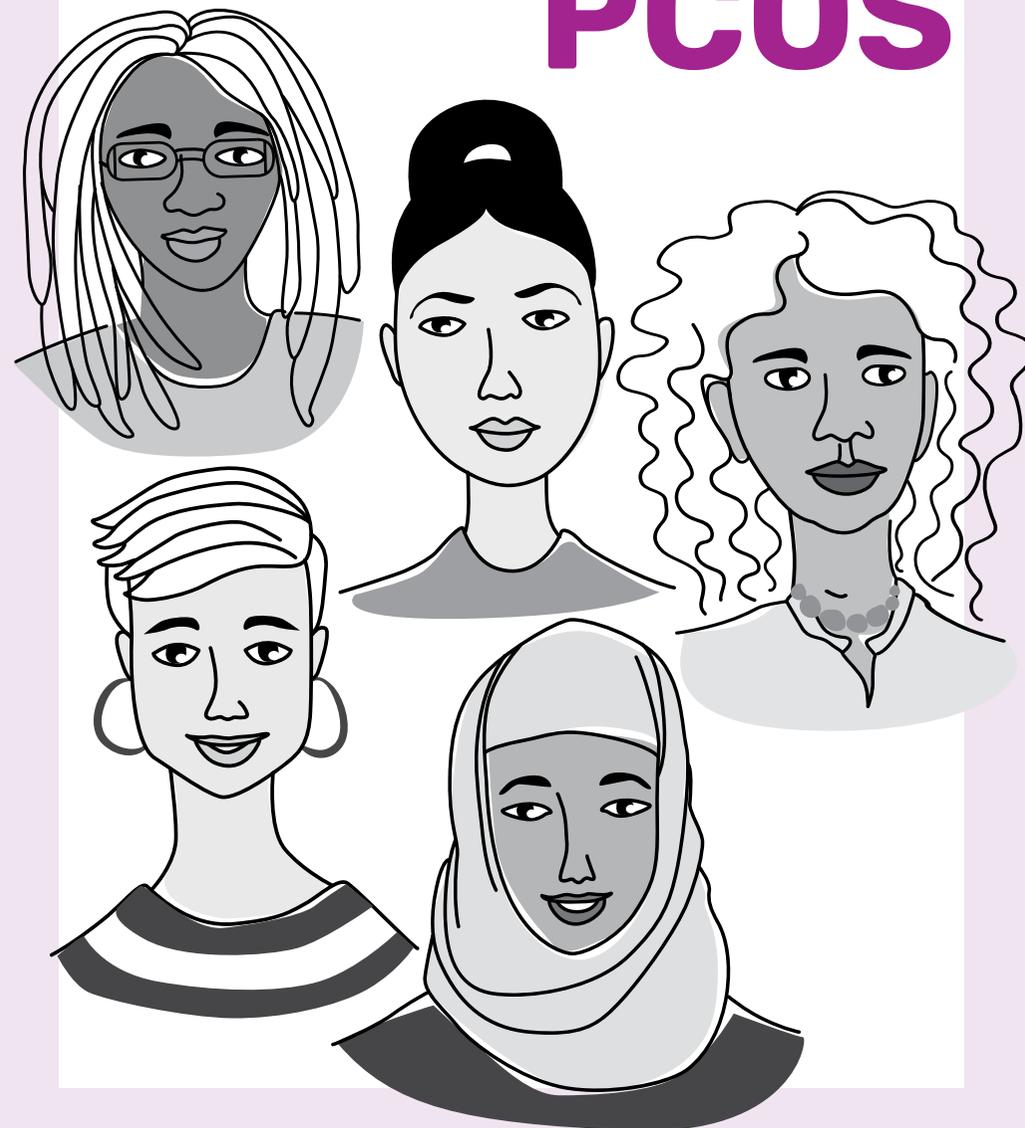
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# About PCOS



**A straightforward guide to Polycystic ovary syndrome**

## What is PCOS?

A common hormonal condition

Experienced by girls, women and gender diverse people

Can cause changes from the start of periods until periods stop completely

## Signs and symptoms of PCOS

*PCOS can cause one or more symptoms - everyone is different*

Irregular periods	More than once a month Every few months None at all
Ovaries	Tiny follicles or bumps on the ovaries Increased size of one or more ovaries
Hair and skin	Extra hair on the face or other parts of the body Hair loss Acne Patches of dark skin on the back of the neck and other areas
Weight	Weight gain Difficulties losing weight Obesity
Sleep and mood	Snoring, uneven breathing Anxiety Depression
Fertility	Difficulties getting pregnant

## How do I know I have PCOS?

PCOS can be tricky to diagnose

Talking with a trusted doctor or nurse about symptoms is a good start

Blood tests and medical procedures may be used if you have one or more symptoms

## Staying well with PCOS

Talk with your doctor about symptoms, what treatments may help and how to stay well overall.

Eat a healthy, balanced diet most of the time eg. drinking water instead of sugary drinks, eating more vegetables and fruit

Keep a healthy weight for your body type

Do regular exercise for overall health and wellbeing.  
Aim for at least 30 minutes of activity each day if you can

Have regular, quality sleep

Seek support from family, friends and health workers. Ask your doctor for referrals to allied health to help you manage symptoms if unsure. A dietician can help plan a healthy diet and monitor weight and other symptoms

Educate other people about PCOS and how it affects health and wellbeing

Talk to your doctor if symptoms stop you doing every day activities, things you enjoy or achieving your hopes and dreams