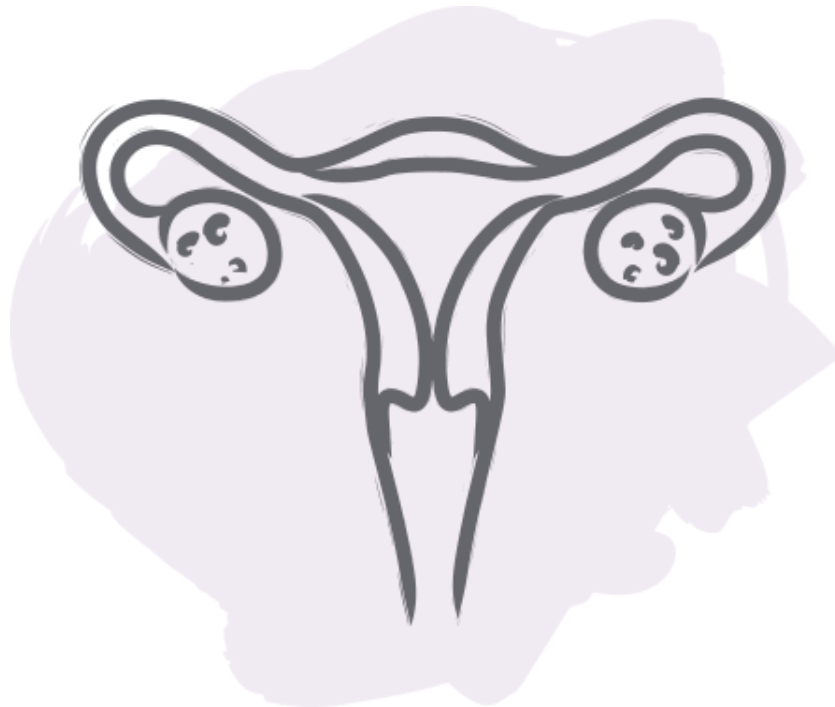


# Polycystic Ovarian Syndrome



# Introduction

**The most common endocrine disorder to affect women during their reproductive years**

**Prevalence range between 2.2-26%**

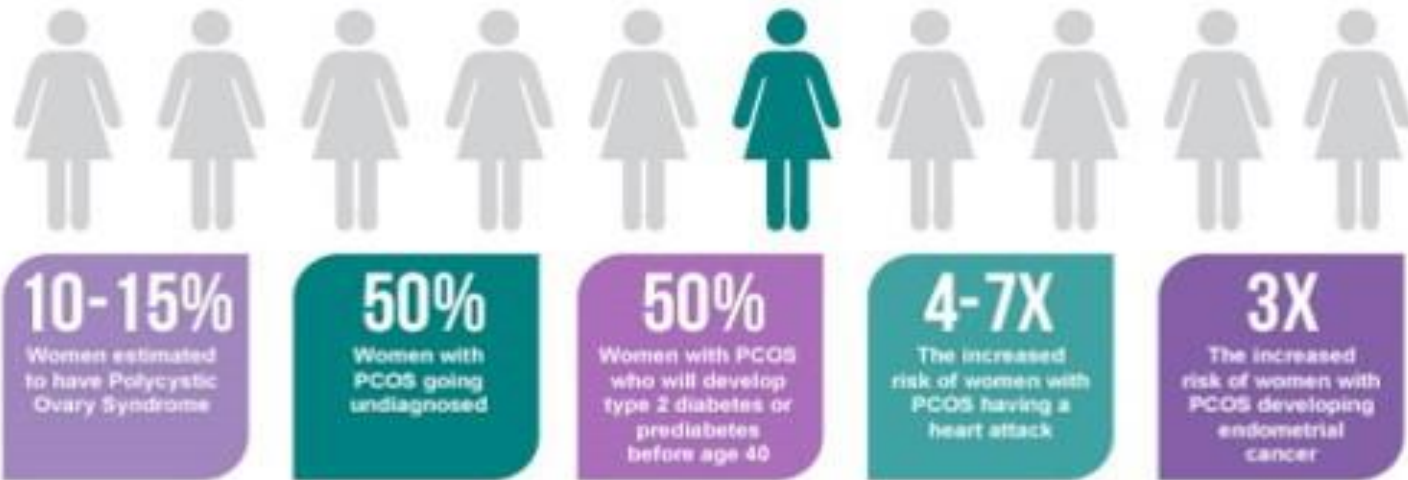
**Often underdiagnosed**

**There is significant heterogeneity in presentation**

# WHAT IS PCOS?

Polycystic Ovary Syndrome (PCOS) is a genetic, hormonal, metabolic and reproductive disorder that affects women. It is the leading cause of female infertility. PCOS can also lead to other serious conditions including severe anxiety and depression, obesity, endometrial cancer, type 2 diabetes, liver disease and cardiovascular disease.

## PCOS AFFECTS 1-IN-10 WOMEN



## COMMON SIGNS AND SYMPTOMS

irregular periods   excess facial and body hair   severe acne   small cysts in ovaries  
insulin resistance   anxiety and depression   infertility   weight gain   male pattern hair loss

# Symptoms

Menstrual irregularities

Features of hyperandrogenism

Acne

Alopecia

Hirsutism

Obesity

Fertility problems

Psychological problems

# Understanding PCOS

## SIGNS AND SYMPTOMS

### HEAD

- Dandruff
- Male pattern baldness
- Depression

### FACE

- Excessive hair growth
- Coarse hair growth
- Masculine features

### SKIN

- Dark patches
- Cystic acne

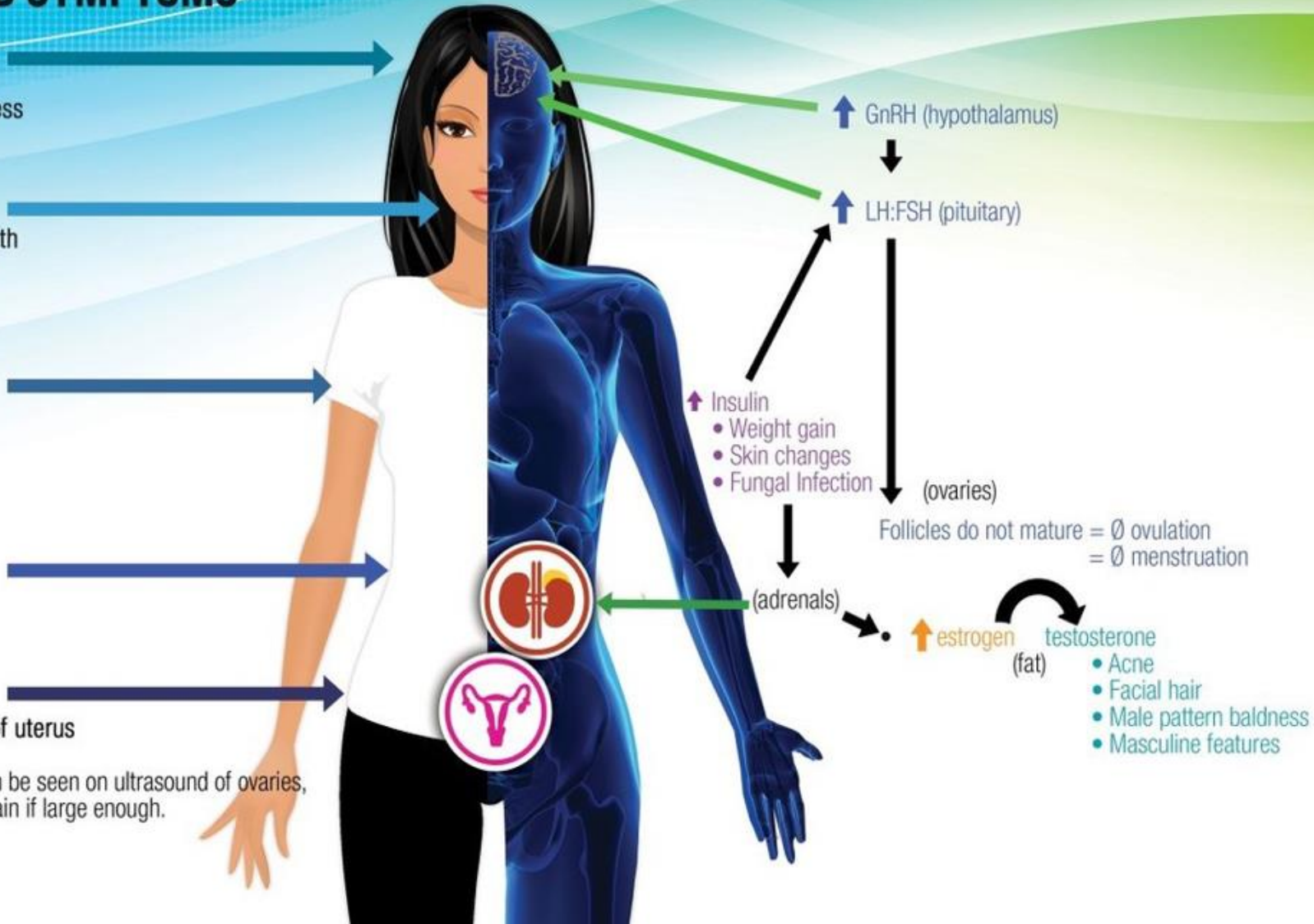
### ABDOMEN

- Weight gain

### PELVIS

- Thickening of wall of uterus
- Polycystic ovaries :
  - Multiple cysts can be seen on ultrasound of ovaries, may cause pelvic pain if large enough.
- Irregular menses
- Infertility

## CAUSES





# Known Symptoms of PCOS



## IRREGULAR MENSES



## Acne



## Hirsutism



## Obesity



## Acanthosis



## HAIR LOSS



### **Infertility & pregnancy loss**

**The definition of PCOS requires the exclusion of specific underlying diseases, because they can give rise to similar US and biochemical features**

**Hyperprolactinaemia**

**Acromegaly**

**Cushing's syndrome**

**Androgen secreting tumours**

# Ultrasound Scan of Ovary



Right ovary-sag



LearningRadiology.com (C)  
All Rights Reserved



# Investigations

Testosterone



LH



FSH



Fasting insulin



SHBG



Oestradiol



Anti-mullerian hormone



# Complications

## Reproductive

Premature adrenarche

Premature menarche

Menstrual irregularities

Infertility

Miscarriage

Endometrial cancer

## Metabolic

Obesity

Impaired glucose tolerance

Insulin resistance

Dyslipidaemia

Type 2 DM

## Others

Cardiovascular disease

Sleep apnoea

Depression