

So, what is PCOS?

(aka polycystic ovary syndrome)

“Ask questions about everything!”

Advice from our women in the know

Hormones have a big job. They tell our bodies how to grow, eat, drink, breathe ... they flow through our entire body, sending messages that keep us alive.

So when there's an imbalance in our hormones, it can cause problems. One of them being PCOS.

With PCOS, the hormones that control your reproductive cycle aren't in balance. It's not fully known what causes PCOS and it's likely different between women, but we do know that it's related to issues specifically in your ovaries.

PCOS usually shows up as irregular periods, which you'd notice. It also shows up as a higher level of specific hormones (like androgens) and small cysts in your ovaries, which you'd need a doctor to help diagnose.

PCOS is linked to a lot of different symptoms, so it's a good idea to make an appointment and see your doctor if you feel you're experiencing irregular periods.

Do I have PCOS? What should I look for?

PCOS is statistically undertreated because it can look so different between people. So if you think something might be off, it's probably time to get checked out.

You can use our [symptom checker](#), as well as the short list below, to get an idea of [what to talk about with your doctor](#):

- Are your periods irregular?
- Have you noticed extra hair growing?
- Have you noticed the hair on your head thinning?
- Have you gained weight?
- Have you been feeling a lot of anxiety?
- Have you had trouble getting pregnant?

1/10 women in the U.S. suffers from PCOS.

It's important to **talk about all the things bothering you**, so your doctor understands the entire picture.

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