

PCOS treatment

Early diagnosis and treatment are important for your overall health.

If I have irregular or no periods what can I do?



Aim for a healthy lifestyle and, if needed, a 5 to 10% weight loss (of your overall weight).



Consider taking the oral contraceptive pill as prescribed by your health professional (balances hormone levels, improves cycles, reduces excess face/body hair and acne).



Consider a medication called Metformin if prescribed by your doctor (improves ovulation, menstrual cycles, weight and metabolic features).



When on no contraception, having less than 4 menstrual cycles per year needs medical attention and treatment.

If I have increased body hair what can I do?



Wax



Electrolysis



Thread



Laser hair removal therapy

If commonly used ways to remove hair do not work there are medications that you can try such as; the contraceptive pill (lowers androgen levels) can be used. These medications should be used for about 6 months before changing dose or medication, to be effective. Anti-androgens* can be added at this time if needed. Talk with your health professional about this.

**Please note anti-androgen medications should not be used without adequate contraception.*

If I want to have children, what should I do?



Aim for a healthy lifestyle and reduce weight if needed by 5-10% of total body weight.



Take folate, see your doctor and if needed seek help to cease smoking, reduce alcohol and prepare yourself for a healthy pregnancy.



Consider planning your pregnancy/s prior to age 35yrs to improve pregnancy success rates.



If you have difficulties getting pregnant there is a lot of medical support such as; (first-line) oral ovulation induction agents, (second-line) surgery or injections of gonadotrophins and (third-line) IVF. See Fertility info-graphic.

To reduce my risk of chronic diseases what should I do?



Aim for a healthy lifestyle and reduce weight by 5-10% of total body weight, if needed.



Metformin can help prevent weight gain when combined with a healthy lifestyle and helps balance hormones and reduce risk of developing diabetes.



The **AskPCOS App** provides comprehensive, high quality PCOS information and support tools that are based on the latest evidence.