**Polycystic ovary syndrome affects up to 1 in 10 women of reproductive age**

### Why is recognition of polycystic ovary syndrome important?
- Infertility
- Bipolar Disorder
- Phenotype D
- Phenotype B
- Eating Disorders
- Phenotype A

### What is polycystic ovary syndrome?

PCOS is a common cause of hirsutism and polycystic ovary syndrome? What are the signs and symptoms of polycystic ovary syndrome?

#### Common presenting symptoms of PCOS include:
- Irregular menses
- Androgen excess - the presence of clinical and/or biochemical hyperandrogenism

### What are the signs and symptoms of polycystic ovary syndrome?

#### PCOS is associated with multiple long-term cardiovascular and reproductive health risks.3,12

#### Menstrual dysfunction

- Amenorrhea
- Menorrhagia
- Aromatase excess

#### Androgen excess

- Hirsutism
- Acne

#### Insulin resistance

- Hyperandrogenic symptoms (seborrhea, acne, hirsutism, alopecia).

#### Adrenal or ovarian tumors

- Palpable abdominal or pelvic mass

#### Adrenal hyperplasia/cancer

- Endometrial hyperplasia/cancer

#### Pregnancy

- Infertility
- Miscarriage
- Pregnancy disease

#### Metabolic syndrome

- Overt vascular, renal or cardiovascular disease
- Type 2 diabetes
- Metabolic syndrome
- Impaired glucose tolerance
- Dyslipidemia

#### Behavioral disorders including:
- Anxiety
- Depression
- Attention deficit/hyperactivity disorder

### Red flags

- Women in whom further investigations reveal:
  - Ovarian neoplasia
  - Insulin resistance

### Women with unexplained subfertility

- Infertility

### References


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**Table adapted from Lizneva D et al, 2016**

<table>
<thead>
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<th>Presenting Symptoms of PCOS included: 7,12</th>
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**Presenting symptoms and health implications change with increasing age.7,13**

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**The Global AWARE Group is an independent panel of physicians with expert interest in the treatment of androgen excess in women.**

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**https://www.emas-online.org/nonemaseducationalmaterials**

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**References**