

## Polycystic ovarian syndrome

### RFQs

- How often do your periods come on?
- Are you troubled by acne, hairiness or baldness?
- Have you had an ultrasound to look at your ovaries or a blood test to check your hormone levels?
- Would you mind me checking your blood pressure and perhaps examining your face and your tummy to check for hairiness?

### Provide

Why don't you take a listen to the audio recording on [realgeneralpractice.co.uk](http://realgeneralpractice.co.uk) about the choices that you have with how we can manage polycystic ovarian syndrome? You may wish to focus on improving your chances of getting pregnant, keeping your risks of type 2 diabetes to a minimum, minimising the hairiness or acne or protecting yourself from endometrial cancer.

For now your blood pressure is OK and your average blood sugar is normal. But we ought to support you with your weight and keep an eye on your weight, blood pressure and average blood sugar regularly, say every 3 years. How does that sound?

### Safety net:

Please let me know if you start to get male pattern baldness, or if your voice deepens.

I'll also need to see you again if your blood pressure is high or if you get easy bruising or stretch marks for no reason.

It's important that you have 4 or more periods per year. If that's not happening, please let us know. Also let us know if you are having disorganised bleeding or bleeding after sex.

Since you've just started trying to get pregnant, please let me know if you are not pregnant within a year. And it will also be worth us letting the specialist know when you do get pregnant.