

Polycystic ovarian syndrome



Issue or Problem	Options	Benefits	Serious Harms and Side Effects
<p>Overweight or obese (BMI 30+)</p> <p>Ask your doctor to rule out sleep apnoea</p>	<p>Regular exercise and weight control (At least 30 minutes per day on average) healthy diets for those with raised BMI</p>	<p>Reducing weight can be to return of ovulation, improves fertility (other options Clomifene and IVF) and hirsutism protects against diabetes</p> <p>Reduces chances of developing type 2 diabetes mellitus</p>	<p>No harm</p>
	<p>Metformin</p>	<p>More regular menstrual cycles Protects against type 2 diabetes and heart attacks also helps hairiness</p>	<p>If the dose is increased too quickly: looser stools, nausea and abdominal cramping. Not proven to improve fertility.</p>
<p>Risk of endometrial cancer 9% lifetime risk if not having at least 4 periods per year</p>	<p>12 to 14 days of medroxyprogesterone or micronised progesterone</p>	<p>Normal (1.5%) risk of endometrial cancer</p>	<p>Fluid retention, skin changes including acne, breast tenderness or emotional changes</p>
	<p>oral contraceptive</p>	<p>Normal (1.5%) risk of endometrial cancer</p>	<p>Combined pill increases risk of deep vein thrombosis and pulmonary embolism to 15 per 10,000 women years</p>
	<p>Intrauterine System e.g. Mirena</p>	<p>Normal (3%) risk of endometrial cancer</p>	<p>Irregular periods or periods stop (20%)</p>
<p>Hairiness (Hirsutism)</p>	<p>Cosmetic measures bleaching (Lemon juice all hydrogen peroxide) and plucking and waxing</p>	<p>Low cost.</p>	<p>No serious harm. Very occasional infection of hair follicle</p>
	<p>Topical eflornithine an option for facial hirsutism</p>	<p>Temporary benefit with facial hairiness</p>	<p>Temporary benefit Many clinical commissioning groups will not allow this to be prescribed</p>
	<p>Metformin</p>	<p>19% benefit after 6 months also helps with periods, weight and protects against diabetes and heart attacks</p>	<p>If the dose is increased too quickly: looser stools, nausea and abdominal cramping. Not proven to improve fertility.</p>
	<p>Other options can include Yasmin or Dianette,</p>	<p>Yasmin - 27%, Dianette - 36% benefit after 6 months</p>	<p>Increases risk of deep vein thrombosis and pulmonary embolism to 35 per 10,000 years</p>
	<p>Spirolactone</p>	<p>38% benefit after 6 months</p>	<p>Confusion, cramps, dizziness, dangerous potassium levels. Regular blood tests.</p>
	<p>Finasteride (after menopause)</p>	<p>32% benefit after 6 months</p>	<p>Fatigue, weight gain, loss of libido with oral preparations</p>