

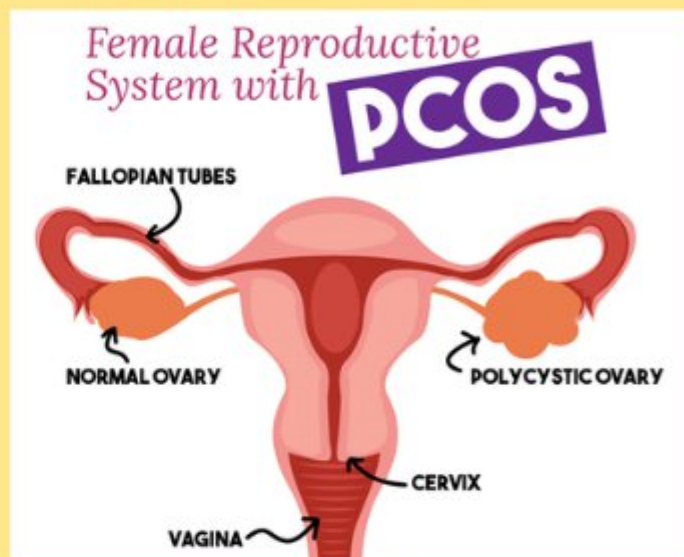
ATTENTION ALL WOMEN

**STOP WHAT YOU ARE DOING AND LOOK
FOR THESE SIGNS AND SYMPTOMS...**

These symptoms will aid young adult women in identifying potential reproductive issues early on.

IRREGULAR PERIODS

Women who have had absent or very irregular periods or fewer than 3 or 4 periods a year, for many years have a higher than average risk of developing cancer of the womb lining.



Source: pcosaa.org



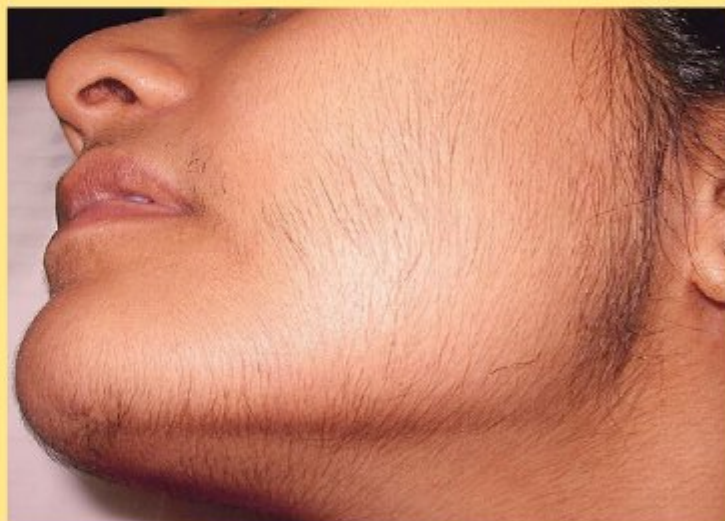
Source: womenshealth.northwestern.edu

WEIGHT GAIN

Obesity, overweight individuals, or weight gain can cause mood swings and hormonal spikes which are associated significantly with depression and Type II diabetes.

EXCESSIVE HAIR

Excess hair growth (hirsutism) results in excessive amounts of dark, course hair on body areas where men typically grow hair — face, chest and back.



Source: timesofindia.indiatimes.org



Source: sciencedirect.com

ACNE

In women, high androgen levels (hyperandrogenism) may present as excess hair on the face and body, thinning of hair on the scalp, and acne of all forms, but more commonly, cystic acne.

IF YOU IDENTIFIED WITH ONE OR MORE OF THESE SIGNS AND SYMPTOMS:

YOU MAY HAVE POLYCYSTIC OVARIAN SYNDROME

SCHEDULE AN APPOINTMENT OR WELLNESS CHECK WITH YOUR PHYSICIAN OR OB/GYN

POLYCYSTIC OVARIAN SYNDROME: THE FACTS

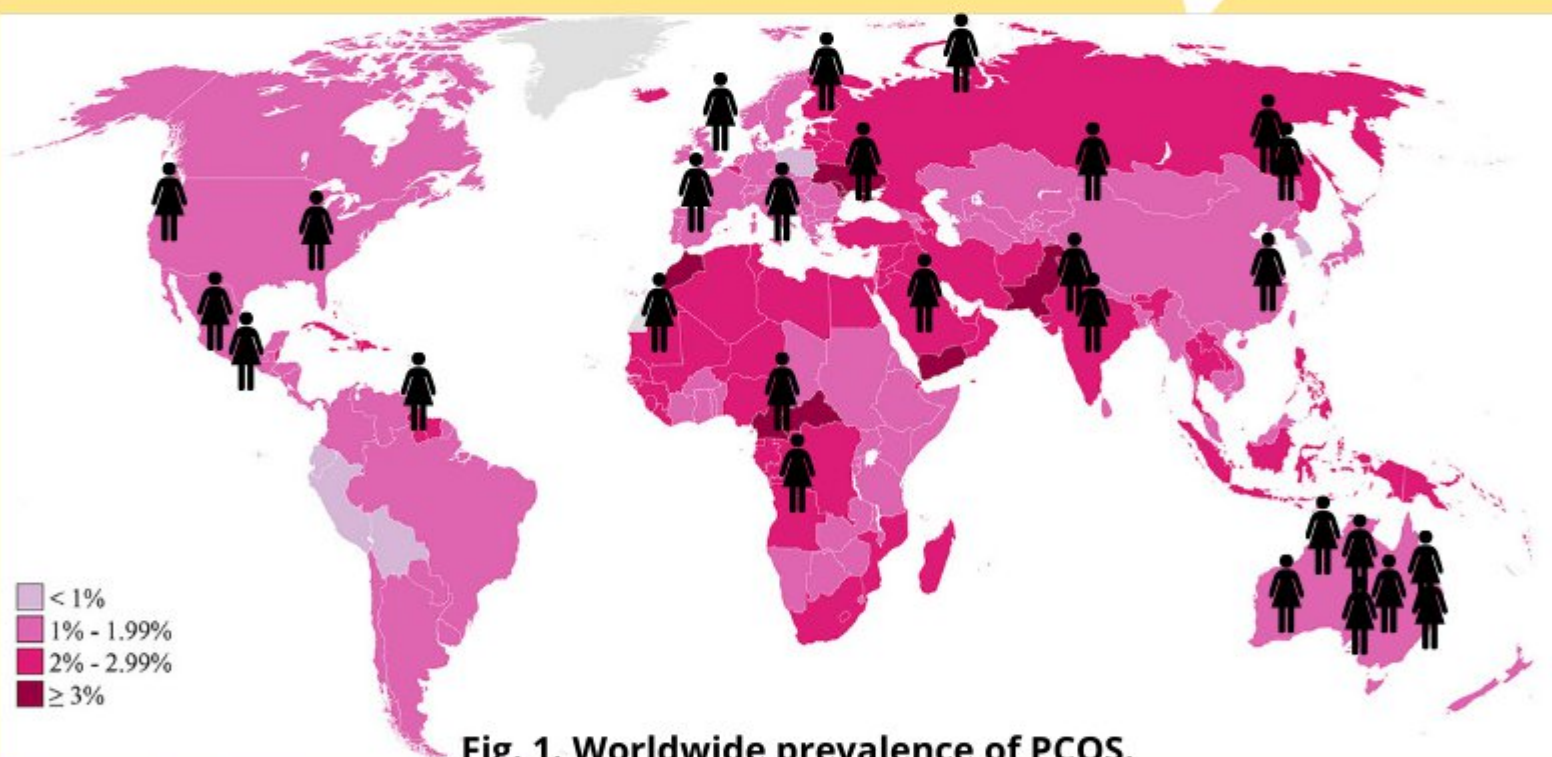
GET TO KNOW THE EPIDEMIC SWEEPING THE GLOBE

WHAT IS POLYCYSTIC
OVARIAN SYNDROME?

Women with polycystic ovarian syndrome (PCOS) have a hormonal and metabolic imbalance that may affect their overall health and appearance. PCOS is a common and treatable cause of infertility.

1 in 10
women battle PCOS

SO WHAT?



Source: atlasofscience.org

but **70%** of women go undiagnosed

PCOS LEFT UNTREATED CAN LEAD TO....

Endometrial Cancer-Depression-Infertility-Heart Disease-
Obesity-Hypertension-High Cholesterol-Type II Diabetes-
Sleep Apnea-Weakened Immune System-Miscarriage

FEAR NOT! PCOS CAN BE TREATED THROUGH....

- Diet Changes
- Exercise and Weight Loss
- Medication (Metformin, Birth Control, IUD....)
- Surgery and Therapy

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