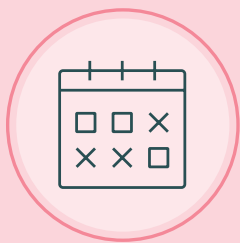


# RECOGNIZE THESE PCOS SYMPTOMS?

**70%**

of women with polycystic ovary syndrome remain undiagnosed

## SYMPTOMS INCLUDE:



**Irregular or missed periods**



**Acne and oily skin**



**Obesity or trouble losing weight**



**Excessive facial hair**



**Thinning hair**

## INCREASED RISK OF:

Infertility  
Diabetes  
Sleep apnea  
High cholesterol

Liver disease  
Heart disease  
Depression  
Difficulty breastfeeding

## PCOS IS TREATABLE AND VA CAN HELP

Medications	Weight Management
Infertility Treatment	Hair Removal
Pre-Conception Care	Mental Health Care
Maternity Care & Breastfeeding Support	Heart Disease & Diabetes Prevention

**Schedule an appointment to speak with your VA primary care provider** if you think you may have PCOS. We will begin by testing you for PCOS through a combination of physical exam, blood tests, and ultrasound.