

DO YOU HAVE PCOS? - A Self-Test

Polycystic Ovary Syndrome (PCOS) is characterized by multiple small ovarian cysts, obesity, hypertension, diabetes, insulin resistance, and hirsutism (elevated levels of male hormones). The ovarian cysts may not produce any definite symptoms, and may come and go, so they may not show on ultrasound when a test is done. It can be difficult to prove the presence of this disorder. In view of the combined cluster of problems you are experiencing (weight gain, glucose intolerance and almost certain insulin resistance, hormonal imbalances, high blood pressure), it may be reasonable to make treatment recommendations based on what would be appropriate for PCOS.

1. I crave carbohydrates and sugars. YES NO
2. I have had continuous weight gain. YES NO
3. I have had difficulty losing weight. YES NO
4. My waistline is greater than 35 inches. YES NO
5. I have or have had problems in the past with acne. YES NO
6. My periods last longer than 35 days. YES NO
7. My periods are unpredictable. YES NO
8. My periods last longer than a week. YES NO
9. My periods are very heavy or prolonged. YES NO
10. I have excess facial hair. YES NO
11. I have symptoms of hypoglycemia. YES NO
12. I have a family history of diabetes. YES NO
13. I have a family history of cardiovascular disease. YES NO
14. I have a family history of gestational diabetes. YES NO
15. I feel extremely hungry, irritable, sleepy, or fatigued after eating sweets. YES NO
16. I have skin color or pigmentation changes. YES NO
17. I have a history of high blood pressure. YES NO
18. I have had difficulties getting pregnant. YES NO
19. I have had difficulties getting pregnant. YES NO
20. I have PMS symptoms. YES NO
21. I have an unusual amount of hair on my breasts. YES NO
22. I have had hair growth on my upper thighs. YES NO
23. I have had hair growth on my upper thighs. YES NO
24. I have pubic hair that grows up my abdomen and around my navel. YES NO
25. My acne is worse at different times of my cycle. YES NO