

NAME \_\_\_\_\_ DATE \_\_\_\_\_

**SELF TEST: DO YOU HAVE PCOS?**

Poly-Cystic 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 at the time the test is done. It may, therefore, 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.

- YES       NO      1. I crave carbohydrates and sugar.
- YES       NO      2. I have had continuous weight gain.
- YES       NO      3. I have always had difficulty with losing weight.
- YES       NO      4. My waistline is greater than 35 inches.
- YES       NO      5. I have or 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 history of gestational diabetes.
- YES       NO      15. I feel extremely hungry, irritable, sleepy, or fatigued after eating sweets.
- YES       NO      16. I have noticed 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 PMS symptoms.
- YES       NO      20. I have unusual amount of hair on my breasts.
- YES       NO      21. I have hair growth on my upper thighs.
- YES       NO      22. I have pubic hair that grows up my abdomen and around the navel.
- YES       NO      23. My acne is worse at different times of my cycle.