

Polycystic ovary syndrome PCOS

Easy Read fact sheet

About this fact sheet



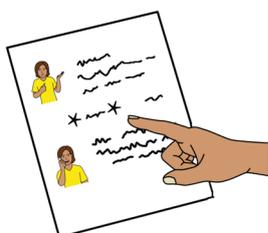
This fact sheet is from
Jean Hailes for Women's Health.



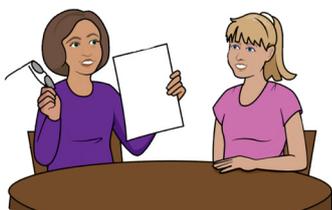
You can read more information about this topic on
the [Jean Hailes PCOS webpage](http://www.jeanhailes.org.au/health-a-z/polycystic-ovary-syndrome)
[www.jeanhailes.org.au/health-a-z/
polycystic-ovary-syndrome](http://www.jeanhailes.org.au/health-a-z/polycystic-ovary-syndrome)



This fact sheet is written in a way that is easy
to understand.



We add a star before and after ***hard words***.
Then we explain what the words mean.



You can ask someone to help you read and
understand this fact sheet.



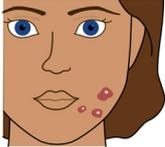
Contact information is at the end of this
fact sheet.

PCOS can cause other symptoms.

For example



- extra hair on your face, tummy and back



- pimples



- hair loss on your head



- weight gain



- feeling sad.

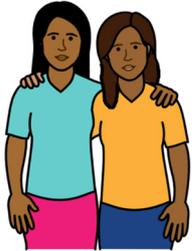


PCOS can also make it harder to get pregnant.

What causes PCOS?



The exact cause of PCOS is not known.



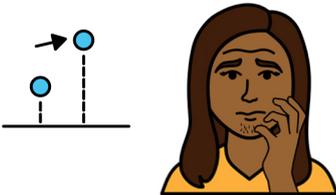
It could happen because someone in your family has PCOS.

For example, your mother or sister

It could happen because you have high levels of ***insulin*** in your body.



Insulin is a hormone.



When insulin is too high, your body can make more male type hormones that cause symptoms like extra hair growth.

How is PCOS *diagnosed*?



Diagnosed means your doctor says you have a condition.

If you have PCOS symptoms, see your doctor.



Try to find a women's health clinic with doctors who have special training in PCOS.



Your doctor will

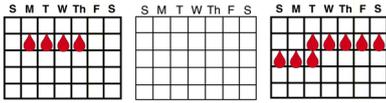
- ask questions about your family history



- check your body for symptoms like extra hair and pimples



- ask about your periods.



You can track your period for about 3 months and give the information to your doctor at your appointment.



Your doctor might also ask you to do

- a blood test



- an ***ultrasound***.

An ultrasound is a machine that shows the inside of your body.



After your doctor learns more about your family history and symptoms, they might say you have PCOS.

Can PCOS cause other health problems?



PCOS can lead to other health problems like ***diabetes*** and heart disease.



Diabetes is a disease where there is too much sugar in your blood.



If you get an early diagnosis and good health care, you may have less health problems in the future.

How to manage PCOS symptoms



The best way to manage PCOS symptoms is to have a ***healthy lifestyle***.



A healthy lifestyle means you

- eat healthy food
 - for example, vegetables and fruit



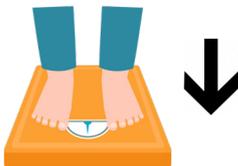
- do more exercise
 - for example, walk with friends



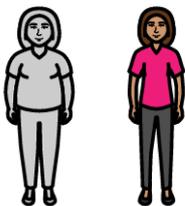
- make healthy choices
 - for example, do not smoke or drink alcohol.



Weight can affect your hormones.



Weight loss can make the hormones work better and help with symptoms.



Even a small weight loss can help your hormones work better.



Ask your doctor or ***dietitian*** about how to have a healthy lifestyle.



A dietitian helps you make a plan to eat healthy food.



Your doctor might ask you to try different treatments for your symptoms.

For example, medicine to make your periods come at the same time each month.



You can manage symptoms like extra hair and pimples with products from the chemist.



Ask your doctor for more information.

Look after your mental health



PCOS symptoms can affect your mental health.



If you often feel sad or your symptoms stop you from doing things you want to do, see your doctor.



They might ask you to see a ***psychologist***.



A psychologist can

- help you understand your feelings



- help you feel better about yourself.



 **Jean Hailes**
for Women's Health

More information

For more information contact
Jean Hailes for Women's Health.



Call 03 9453 8999



Website www.jeanhailes.org.au



Email education@jeanhailes.org.au



Help to speak and listen

If you need help to hear or speak, the National Relay Service can help you make a call.



Call 1800 555 660



Website [NRS Helpdesk](https://www.communications.gov.au/accesshub/nrs)

www.communications.gov.au/accesshub/nrs



Help in your language

If you need help with other languages, contact the Translating and Interpreting Service.



Call 131 450



Website [TIS National](https://www.tisnational.gov.au)

www.tisnational.gov.au



© 2025 Jean Hailes Foundation. All rights reserved.

This Easy Read document was created in January 2025 using Picture Communication Symbols (PCS). PCS and Boardmaker are trademarks of Tobii Dynavox LLC. All rights reserved. Used with permission.

You must ask for permission to use the images in this document.

For more information, please visit jeanhailes.org.au