

7 Early signs of PCOS

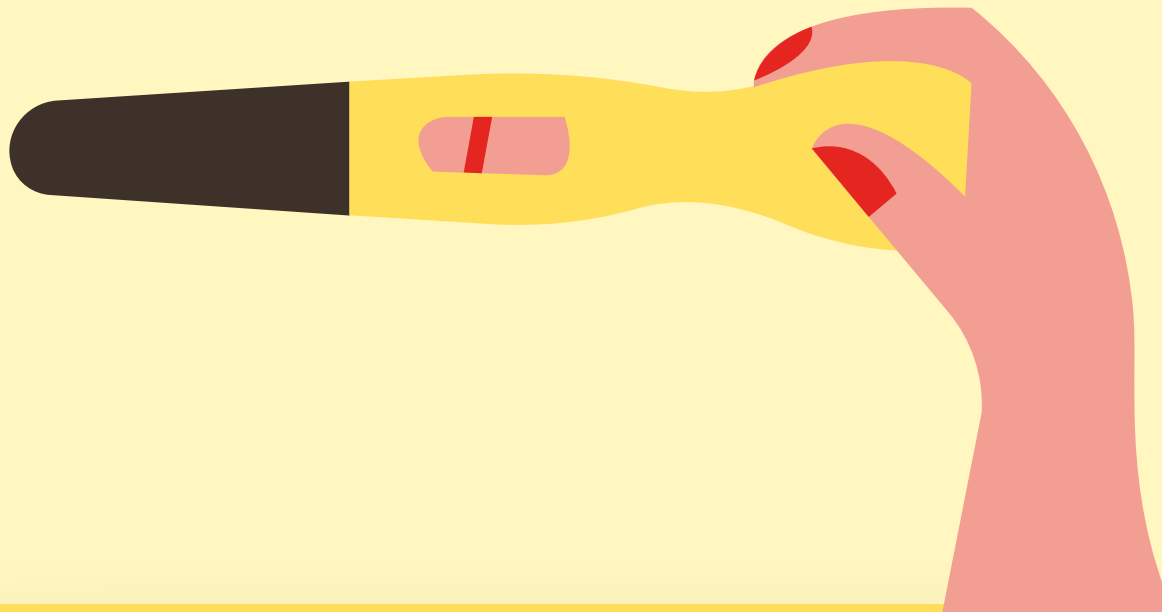




1. Irregular/ missed/abnormally heavy periods

One cycle may be greater than 35 days and occur 8-9 times per year

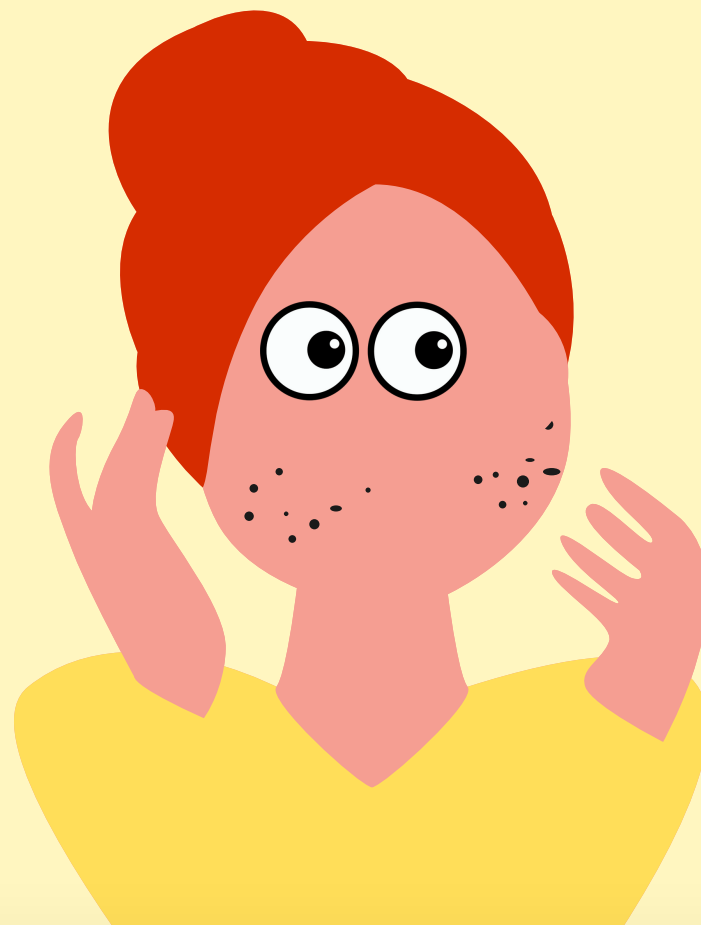
Increased pain during menstruation



2. Trouble conceiving or infertility

Caused due to lack of ovulation

Risk of miscarriage and reduced sex drive



3. Excessive body hair growth (hirsutism)

Unwanted body and facial hair growth due to high levels of androgens (male hormones) produced in the ovaries

Unwanted hair growth on face, arms, back, chest, and abdomen



4. Acne (oily skin/pimples)

Caused due to excessive levels of androgens

Outbreaks especially on cheeks, chin and upper neck



5. Baldness or thinning hair

“Male pattern” hair loss; thinning of hair on the top of the head

More common in middle-aged women



6. Mood changes

PCOS increases the chances of anxiety and depression by 3 times

Caused due to low levels of serotonin (responsible for the brain's communication with the body) and greater insulin resistance



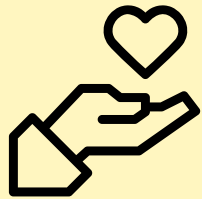
7. Obesity or difficulty losing weight

Sudden weight gain or an inability to lose weight

Excess fat around the belly

Some women experience weight loss

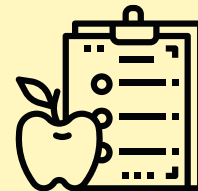
Wellbeing on the Web (WoW) offers a wide range of webinars, consultations, articles, and many more useful resources for women's health and wellbeing.



Counsellors



Doctors



Nutritionists



Diagnostics



Pharmacy



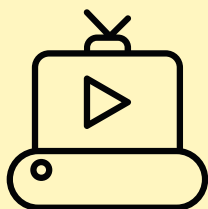
Finance guide



Newsletters



Self-assessments



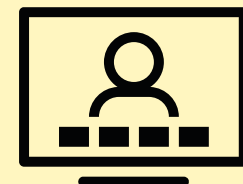
Live classes



Articles



Videos



Webinars