

Patient information from BMJ

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Polycystic ovary syndrome: questions to ask your doctor

If you have polycystic ovary syndrome (PCOS), you may want to talk to your doctor to find out more. Here are some questions you may want to ask:

- Do I need to see a specialist?
- What can be done about my symptoms, like unwanted hair and spots (acne)?
- What can be done to make my periods more regular?
- Would losing weight help with my symptoms?
- What help and advice can you give me to lose weight? Can I see a dietitian?
- If my symptoms aren't bothering me, do I need treatment for PCOS at all?
- Do I have a higher chance of other health problems because of PCOS? Should I be tested for diabetes?
- How will PCOS affect my chances of having a baby?
- If I want to get pregnant, should I have fertility treatment straight away, or should I try to get pregnant naturally first?
- What can I do to improve my chances of getting pregnant naturally?
- If I do have fertility treatment, what treatments are available?

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