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 with 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.

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