The most common symptoms of Polycystic Ovarian Syndrome (PCOS) are excessive facial and body hair, being overweight, menstrual irregularities, acne, infertility, and insulin resistance (IR).

Some women have acne or thinning scalp hair. This syndrome was first identified in 1935, which found common characteristics among women with PCOS.

“Women who have excessive facial or body hair are often ashamed,” says Dr. Allen Morgan. “They don’t realize that their ‘problem’ could be a treatable syndrome.”

Most women with PCOS have at least one of the above signs. Most have irregular menstrual cycles, which begin in adolescence, but can begin later in life if there is excessive weight gain. Since many of these women are young, they do not have any medical problems yet, but can be prone to hypertension, diabetes, and heart disease.

Treatment usually is based on the symptoms.

For those with infertility, prescriptions such as Clomid, Tamoxifen, or injectable fertility drugs can induce normal ovulatory cycles. Risks include ovarian hyperstimulation.

For those experiencing acne and excessive hair growth, this usually means higher than average levels of androgen, which is a male hormone produced by the ovaries. To eliminate these problems, the androgen production levels are decreased with treatments that have been proven effective, such as oral contraceptives, spironolactone, and metformin. After medical treatment, women can be considered for laser or IPL removal of the hair permanently.

The most difficult treatment is for women with weight problems, because there are typically years of incorrect eating habits causing the issue. Also, since insulin resistance (IR) is part of the syndrome, these women gain weight a lot easier than women without PCOS.

So, knowing that IR is treatable, the weight will come off easier. Women with PCOS usually have IR and need a special diet and coaching. I recommend having a nutritionist who understands the endocrinology of PCOS.

Call Shore IVF to schedule your appointment today.
• Lakewood 732-363-4777
• Colts Neck 732-845-0034
www.shoreivf.com

Dr. Allen Morgan of Shore IVF and Reproductive Medicine on Route 70 in Lakewood has been practicing for sixteen years and is board certified by the American Board of Obstetrics and Gynecology (1994) and Reproductive Endocrinology and Infertility (1999). Dr. Morgan teaches OB-GYN residents at Jersey Shore University Medical Center who get their clinical experience in reproductive endocrinology under his tutelage.

Dr. Morgan is a Fellow of the American College of Obstetrics and Gynecology, the American Society for Reproductive Medicine and the American Association of Gynecologic Laparoscopic Surgeons. He is an associate member of the Society of Reproductive Endocrinologists.

Dr. Morgan is on the staff of Monmouth Medical Center, Long Branch; Riverview Medical Center, Red Bank; Community Medical Center, Toms River; Central State Hospital, Freehold; Kimball Medical Center, Lakewood; Ocean Medical Center, Brick; Jersey Shore Medical Center, Neptune; and Southern Ocean County Hospital, Manahawkin.