

*Affects 1 in 10 people who ovulate, but more than 50% don't experience any symptoms*

*The cause of unknown, but PCOS can often run-in families. Symptoms can include;*

*irregular or absent periods*

*difficulty falling pregnant due to irregular of failure to ovulate.*

*Excessive hair growth (hirsutism) on the face, back, chest or buttocks*

*Weight gain*

*Thinning hair (also known as male pattern baldness)*

*Acne or oily skin*

*PCOS is associated with an increased risk of developing health problems in later life, such as type 2 diabetes and high cholesterol levels.*

*There is no cure for PCOS, people can only manage their symptoms.*

*Website: <https://www.myovacare.com/>*

*Social: @myovacare*