Die PCOS-Selbsthilfe Deutschland e.V.

Other offers of the association:
- Online consultation
- Telephone consultation
- Self-help groups
- Support for the creation of new groups
- Team leader seminars
- Workshops about PCOS
- Protected forum for exchange (for members)
- Flyers in various languages
- Current information from the scientific advisory board

Become a member:
www.pcos-selbsthilfe.org

To live!
Like a tree
alone and free
Like a forest in sisterhood

BY NAZIM HIKMET

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The polycystic ovarian syndrome (PCOS) is a disease that affects approximately 5-10% of the women in Germany. The hormone metabolism disorder is usually diagnosed between the ages of 15 and 25.

**PCOS is characterised by**
- abnormal oestrous cycles in combination with a male hair type
- acne or hair loss and/or
- an increase of the male hormone in the blood

Diseases of the pituitary gland, adrenal gland and ovaries must be excluded for a conclusive diagnosis.

Clinically, PCOS usually reveals itself through **excess weight** and an **unfulfilled desire to have children**. In numerous studies it was possible to determine a connection between PCOS and the metabolic syndrome.

However, the clinical picture of PCOS is not just characterised by the physical complaints. The clinical symptoms of PCOS can have a significant impacts on a psychosocial level, which would result in restrictions in the quality of life.

A metabolic syndrome can be assumed in case of:
- Excess weight (obesity) among the apple type
- excessive blood sugar level on an empty stomach
- changed blood lipid values
- high blood pressure

Not every woman has all the typical symptoms of the PCO syndrome and may not necessarily develop all of the sequelae.

**PCOS can be treated well with the right, individually determined treatment plan.**