

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



Selbsthilfe
Deutschland e.V.

PCOS Selbsthilfe Deutschland e.V.
P.O. Box: 12 02 21
45312 Essen

Telephone: 0700-72678373
verein@pcos-selbsthilfe.org

www.pcos-selbsthilfe.org



PCOS self help
from women for women

PCOS Selbsthilfe Deutschland e.V.

www.pcos-selbsthilfe.org

PCOS – What exactly is this?

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 impact on a psychosocial level, which would result in restrictions in the quality of life.

You will find detailed information for diagnosis in our **Diagnosis guideline** on the PCOS-Selbsthilfe homepage.

Following diagnosis in all affected women and the start of treatment with attending gynaecologists/ endocrinologists in cooperation with an internal specialist, the metabolic syndrome, if present, should be treated in good time in order to prevent long-term cardiovascular diseases.

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.

Self-help – in your area

In the on site self-help groups, the affected women are given an opportunity to exchange ideas and offered support. The association combines the knowledge and pool of experience for each woman and passes it on to others.



Gather more information on our homepage:

www.pcos-selbsthilfe.org