

# Are You At Risk For PCOS? (Polycystic Ovary Syndrome)

Consider the following questions:

- ◆ Do you have a family history of infertility, irregular periods, or diabetes?
- ◆ Are you of Caribbean Hispanic descent?
- ◆ Are you of Caribbean Hispanic or African American decent, with a history of early puberty?
- ◆ Did you ever take valproic acid, valproate, divalproex, or carbamazepine for a seizure disorder, or epilepsy?
- ◆ Did you ever have gestational diabetes in any of your pregnancies?
- ◆ Do you have an apple-shaped body type (measure your waist to hip ratio: if it is greater than .8, you have an apple, or android body type)?
- ◆ Do you have irregular periods (or none at all)?
- ◆ Do you have dark velvety patches of skin on you neck, groin, or in your armpits?
- ◆ Do you have hair loss or male balding spots?
- ◆ Difficulty losing weight?
- ◆ Intense cravings for carbohydrates or sweets?
- ◆ Problems conceiving?
- ◆ Decreased sex drive?
- ◆ Excess hair growth on your face, like a mustache or beard?
- ◆ Excess hair on your chest or back?
- ◆ Acne on your face, chest or back?

If you answered yes to any of these questions, you are at a higher risk for Polycystic Ovary Syndrome, which can place you at risk for diabetes and certain types of cancer.

*Handout developed by Kathy Scalzo, MA, RD, CDN*