**Polycystic ovary syndrome (PCOS)**

Summary:

* PCOS is a condition which affects how a woman’s ovaries work.
* Caused by hormonal imbalances (excess androgen/’male hormones’)
* Enlarged ovaries containing fluid filled sacs.

Symptoms:

* Heavy/ irregular/ painful periods or no periods at all.
* Excessive hair growth, often on face/chest
* Weight gain
* Thinning hair/hair loss from head.
* Severe acne
* Increased risk of type 2 diabetes/high cholesterol

Strategies:

* May need time out/ use of quiet space if in excessive pain
* Will usually self-manage via pain relief and other medication
* Discuss with individual student as appropriate.

<https://www.nhs.uk/conditions/polycystic-ovary-syndrome-pcos/treatment/>