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**September is Polycystic Ovarian Syndrome Month**

**What is Polycystic Ovarian Syndrome?**

Polycystic ovarian syndrome (PCOS) is a hormonal health condition that affects women of reproductive age. Approximately 5 -10 percent of women worldwide have this disorder and there is no known direct cause. Recent research has suggested that PCOS may be hereditary.

Studies have shown that if you have PCOS, your sister and daughters have a 50% chance of having PCOS. If you have PCOS, there is a 30% chance your mother also has PCOS. Women with PCOS experience symptoms from hormone imbalances produced by the endocrine system in the body. This can lead to fertility issues if not managed with proper treatment and care. There are risk factors that increase a woman's chance of PCOS but any woman can develop PCOS at any age after puberty.



**Symptoms of PCOS**

The symptoms of PCOS could be linked to other causes, making it more difficult to detect and diagnose. The symptoms that women experience can vary but there are common signs and symptoms that women should look for:

PCOS Symptoms	
Irregular or Missed Periods	Cysts on the ovary
Unwanted hair growth	Thinning hair
Acne	Mood Swings
Weight Gain	Fatigue

Not all women with PCOS will actually have cysts on their ovaries. It usually depends on the severity of PCOS in the individual. Because of this, an absence of cysts cannot rule out PCOS. Most cases of PCOS will be diagnosed because of an irregular or missed menstrual cycle.

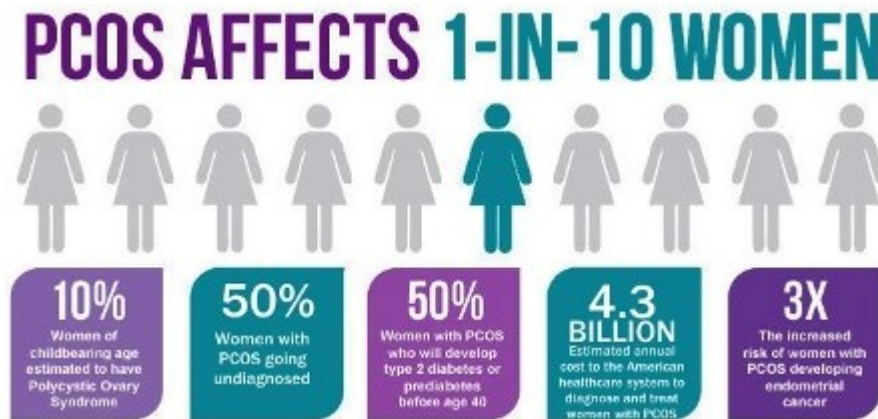


## Treatment Options

Although there is no cure for PCOS, there are treatment options that can help manage the condition and prevent further complications. Determining the right treatment plan will depend on the current symptoms along with risk factors for diseases or disorders related to PCOS. Some commonly prescribed medications for the various symptoms include:

- Regulate menstrual cycle: Birth control pills, progesterin
- Address ovulation fertility: Clomid, Metformin, Letrozole
- Control excess hair growth: Spironolactone, Birth control pills

While these are a few of the commonly prescribed medications, only your doctor or pharmacist can decide if any particular medication is right for you.



## Pregnancy and Fertility Treatment

When it comes to infertility, 85% of the world's infertility is caused by PCOS. Medications are available to help ovulation to occur, something that does not happen in most PCOS patients. If medications are not enough to improve fertility, surgery may be another option.

## Lifestyle Modifications

Women with PCOS can make certain lifestyle changes to help reduce the effect of PCOS. Weight loss management can improve PCOS-related symptoms. Building healthy eating habits and a regular exercise routine with moderate activity can be beneficial in alleviating PCOS. Healthy weight and blood sugar levels can reduce the risk of issues during pregnancy. If you have PCOS, talk with your doctor about creating a weight loss goal and nutrition plan to help resolve PCOS-related symptoms.



Manatee County Government's Center for Health & Lifestyle Management \* [www.ManateeYourChoice.com](http://www.ManateeYourChoice.com)

### Manatee Health Disclaimer

The information in this newsletter is not a substitute for medical advice. It is for reference only and should not be used to determine treatment for your specific medical conditions—only a health care provider can do this. You should seek prompt medical care for any specific health issues and consult your physician regarding the use of over-the-counter products to treat any medical condition or consult your physician regarding the use of prescription or over-the-counter products to treat any medical condition or before starting any new diet, fitness, or supplement regimen.

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