

## ***10. Management Of Menstrual Irregularities***

In young teens, wait until two years after the start of menarche (first period) before treating menstrual irregularity because irregular periods are standard in young girls. Women with PCOS who do not wish to get pregnant in the immediate future and only want to normalize the menstrual cycle and get rid of problems related to male hormone excesses such as Hirsutism and acne require the following interventions:

1. **Manage Insulin resistance** via food and lifestyle change, physical activity, and Metformin/ TZDs as outlined above.
2. **Oral contraceptive pills** - The ideal birth control pill for PCOS is a combination pill with estrogen and progesterone. The combination pills lower the level of male hormones and balance the level of female hormones. The hormonal balance controls Hirsutism and acne. This effect will be noticeable within three to six months. Oral contraceptives, which carry a lower level of estrogen, are less effective against PCOS symptoms. Check with your gynecologist about the pill best suited for you.