

5. Medical Risks Associated WITH PCOS

Patients with PCOS are at an increased risk for the following medical diseases:

- a) Obesity may occur in 50-60% of patients with PCOS. Childhood obesity is a risk for developing PCOS later in life. Overweight girls, especially those with a wide waistline (abdominal Obesity), are at a greater risk for insulin resistance and high levels of male hormones with Hirsutism.
- b) Type 2 Diabetes
- c) High Blood Pressure and Heart Disease
- d) Fatty Liver Disease—Obese patients with PCOS and Hirsutism have a high risk for fatty liver disease
- e) Increased risk for uterine cancer and maybe ovarian cancer later in life
- f) Metabolic Syndrome – Fifty percent of PCOS patients may have coexisting metabolic syndrome because of Insulin resistance. Metabolic syndrome diagnosis requires the presence of three of the following five abnormalities
 - Abdominal Obesity
 - High fasting blood sugar
 - High Blood pressure
 - High blood triglyceride levels
 - Low level of good cholesterol (HDL) in the blood