



# 10 SYMPTOMS THAT COULD SIGNAL **PCOS**

*& The Tests You Need to  
Ask Your Doctor to Run*

## SO YOU THINK YOU HAVE PCOS...

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If you experience *any* of these symptoms it might be wise to investigate why you are having these problems. These following 10 symptoms *could* signal that you have Polycystic Ovarian Syndrome.

1. Weight Gain (particularly around your abdomen)/  
Difficulty losing weight
2. Acne
3. Hair loss
4. Excessive hair growth on your face, chest, or stomach
5. Exhaustion/fatigue with everyday activities
6. Pelvic pain
7. Irregular or absent menstrual cycle
8. Always craving sugar/sweets
9. You are having trouble getting pregnant
10. Discoloration of the skin/ dark spots

## NEXT STEPS...

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If these sound like the problems you are having, it is time to talk to your doctor and advocate for answers. While there is no one test that can tell you that you have PCOS, there are several tests that doctors can use to determine a diagnosis and identify potential issues consistent with PCOS.

## THE TESTS TO ASK FOR...

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I understand that this is a lot of testing to get done and nowadays insurance can be limiting to what they will cover. So, the tests marked with an \* are the ones that I consider to be the most important to a diagnosis and getting to the root of your problems.

\*Follicle Stimulating Hormone (FSH)

\*Luteinizing Hormone (LH)

\*Total or Free testosterone

\*DHEA-S (dehydroepiandrosterone sulfate)

Sex Hormone Binding Globulin (SHBG)

Cortisol

\*Thyroid Stimulating Hormone (TSH)

Free T3 and free T4 levels

Thyroid antibody tests

Anti-Mullerian Hormone (AMH)

17-hydroxyprogesterone (17OH-progesterone)

Cholesterol

Fasting Glucose

Fasting Insulin

\*Glucose Tolerance Test

Hemoglobin A1C (HbA1C)

## A NOTE ON RESULTS...

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If you have a Testosterone level of >40 ng/ml, DHEAS level of >200 ug/dl or an LH level that is two or three times that of your FSH level (*LH and FSH levels should be about equal*) there is a good possibility you might have PCOS.

Also, a blood glucose level between 140 mg/dL and 199 mg/dL (7.8 and 11 mmol/L) is considered impaired glucose tolerance, or prediabetes. Insulin resistance is common with PCOS.

Make sure to discuss your results with your doctor and review your lab results with them. If you find they are resistant to providing these tests or listening to your concerns, it might be time to find a new doctor or healthcare provider.

Good luck!

*I am not a medical professional. The information, including but not limited to, text, graphics, images and other material contained on this website are for informational purposes only based on my experience and research. The purpose of this document is to promote broad patient understanding and knowledge of PCOS related health topics. It is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition or treatment.*