

# Patient information from BMJ

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## Polycystic ovary syndrome: questions to ask your doctor

**If you have polycystic ovary syndrome (PCOS), you may want to talk to your doctor to find out more. Here are some questions you may want to ask:**

- Do I need to see a specialist?
- What can be done about my symptoms, like unwanted hair and spots (acne)?
- What can be done to make my periods more regular?
- Would losing weight help with my symptoms?
- What help and advice can you give me to lose weight? Can I see a dietitian?
- If my symptoms aren't bothering me, do I need treatment for PCOS at all?
- Do I have a higher chance of other health problems because of PCOS? Should I be tested for diabetes?
- How will PCOS affect my chances of having a baby?
- If I want to get pregnant, should I have fertility treatment straight away, or should I try to get pregnant naturally first?
- What can I do to improve my chances of getting pregnant naturally?
- If I do have fertility treatment, what treatments are available?

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