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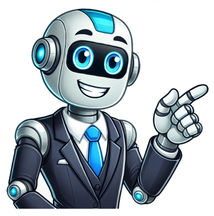

PCOS is a set of symptoms related to a hormonal imbalance. These symptoms can include changes in metabolism, menstrual and reproductive health, and heart and blood function, as well as inflammatory responses and other outward characteristics.What is PCOS?PCOS is a set of symptoms related to a hormonal imbalance. Women with PCOS usually have at least two of the following three features:1Absence of ovulation (when the ovary releases a mature egg into the fallopian tube, usually monthly), leading to irregular menstrual periods or no periods at allHigh levels of hormones called androgens, or signs of high androgens, such as increased body or facial hairGrowths in one or both ovaries, often clumps of ovarian follicles that have stopped developing2Some women diagnosed with PCOS have the first two features, as well as symptoms of PCOS, but do not have growths in their ovaries. More recent genetic research suggests there may be two or more subtypes of PCOS defined by a set of genes or changes in specific genes.3PCOS is the most common cause of anovulatory infertility, meaning that the infertility results from the absence of ovulation. Many women don't find out that they have PCOS until they have trouble getting pregnant.Women with PCOS may experience a range of symptoms that may seem unrelated to ovaries. For example, increased hair growth, dark patches of skin, acne, insulin resistance, and irregular menstrual bleeding are all possible symptoms of PCOS. American College of Obstetricians and Gynecologists. (2022) FAQs: Polycystic ovary syndrome (PCOS). Retrieved July 26, 2024, from International evidence-based guideline for the assessment and management of polycystic ovary syndrome. Monash University, Melbourne, Australia, 2018. Retrieved July 26, 2024, (PDF 1.42 MB)Dapas, M., Lin, F. T. J., Nadkarni, G. N., Sisk, R., Legro, R. S., Urbanek, M., Hayes, M. G., & Dunaif, A. (2020). Distinct subtypes of polycystic ovary syndrome with novel genetic associations: An unsupervised, phenotypic clustering analysis. PLOS Medicine, 17(6), PMID: 32574161 PCOS is a set of symptoms related to a hormonal imbalance. Symptoms can affect metabolic, cardiovascular, inflammatory, reproductive, and other aspects of health. PCOS may cause menstrual cycle changes; skin changes such as increased facial and body hair and acne; growths in one or both ovaries, often clumps of ovarian follicles that have stopped developing; and infertility. People with PCOS may also have metabolic issues, such as insulin resistance or obesity. PCOS is a set of symptoms—including metabolic and reproductive—related to a hormonal imbalance. More >> PCOS symptoms can include menstrual irregularities, cardiovascular issues, acne, insulin resistance, and obstructive sleep apnea. More >> Research shows that genetic and environmental factors contribute to the development of PCOS; the exact cause of PCOS remains unknown. More >> Health care providers look for two or more features—absence of ovulation, resulting in light or skipped periods; high androgen levels; and follicle growths in one or both ovaries—to diagnose PCOS. More >> Treatments for PCOS, its specific symptoms, and its associated health problems vary, but they may include lifestyle changes, medications, and ways to remove or otherwise address increased hair growth. More >> NICHD research explores causes, predictors, treatments, and other topics related to PCOS. More >> NICHD conducts and supports a variety of clinical research projects related to PCOS. More >> Find answers to other frequently asked questions related to PCOS, the conditions associated with it, and its effects on pregnancy. More >> Links to websites of groups that study and provide information about PCOS. More >> Archiver|手机版|小黑屋|PCOS技术网 (鄂ICP备18002747号) GMT+8, 2025-7-20 12:57 , Processed in 0.055533 second(s), 10 queries , MemCached On. Page 2 NICHD conducts and supports cutting-edge research to help improve the health of children, adults, families, and communities. These activities enable NICHD to provide health information about a wide array of topics related to development throughout the lifespan. Research also forms the basis of institute-led health information programs. Get research-based information on conditions and health topics. Order or download publications on NICHD research topics. Learn how to reduce the risk of sudden infant death syndrome (SIDS) and other sleep-related causes of infant death. 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In fact, males with these genetic variants experienced cardiac and metabolic symptoms similar to those experienced by females with PCOS.2Researchers identified subtypes of PCOS based on these genetic variants. One group of NICHD-funded researchers identified two subtypes: reproductive, which has higher reproductive hormone levels; and metabolic, which had higher Body Mass Index (BMI), insulin, and glucose levels.3Other NICHD-funded work found four subtypes,4 which they called “clusters.” The genetic clusters correlated with distinct sets of symptoms: the obesity/insulin resistance cluster had higher BMI; the hormonal/menstrual cycle changes cluster had increased age at first menstruation; the blood markers/inflammation cluster had decreased blood markers, including platelets; and the metabolic changes cluster had high triglycerides and metabolic hormone levels.Research conducted in animal models suggests that exposure to increased levels of androgen hormones in the womb may also increase the likelihood of PCOS in offspring.5,6What causes the symptoms of PCOS?Many symptoms of PCOS result from an imbalance of hormones, chemicals that control functions in the body.The ovaries, testes, and adrenal glands produce reproductive hormones that are involved in regulating reproductive processes and health. One reproductive hormone, called estrogen, plays a role in regulating the menstrual cycle, breast health, bone development, and other important functions.7 Another such hormone, called androgen, contributes to hair growth, muscle development, sperm production (in males), and voice deepening.8Women with PCOS have higher levels of androgens and may have lower levels of estrogen. High levels of androgens can interfere with signals from the brain that control ovulation, making it occur sporadically or not at all. High androgen levels can also cause ovarian follicles—small, fluid-filled sacs where eggs grow and mature—to stop developing and clump together.9,10 Androgen levels also play a role in increased hair growth and acne.10Many women with PCOS also have problems with another hormone called insulin, which helps move sugar (also called glucose) from the bloodstream into cells to use as energy. When cells don't respond normally to insulin, the level of sugar in the blood rises. High insulin levels are linked to a skin condition called acanthosis nigricans, which results in thickened dark, velvety patches of skin.10In addition, the body produces more and more insulin to get glucose into the cells. To balance out the high levels of insulin, the body makes more androgens,9 which contribute to symptoms of PCOS. It is difficult to disrupt this cycle, which is why treating PCOS can be challenging. Welt C. K. (2021). Genetics of polycystic ovary syndrome: What is new? Endocrinology and Metabolism Clinics of North America, 50(1), 71–82. PMID: 33518187Zhu, J., Pujol-Gualdo, N., Wittemans, L. B. L., Lindgren, C. M., Laisk, T., Hirschhorn, J. N., & Chan, Y. M. (2022). Evidence from men for ovary-independent effects of genetic risk factors for polycystic ovary syndrome. The Journal of Clinical Endocrinology and Metabolism, 107(4), e1577–e1587. PMID: 34969092Dapas, M., & Dunaif, A. (2022). 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PMID: 29760445Delgado, B. J., & Lopez-Ojeda, W. (2023). Estrogen. In StatPearls. StatPearls Publishing. PMID: 30855848Nassar, G. N., & Leslie, S. W. (2023). Physiology, Testosterone. In StatPearls. StatPearls Publishing. PMID: 30252384Rodriguez Paris, V., & Bertoldo, M. J. (2019). The mechanism of androgen actions in PCOS etiology. Medical Sciences (Basel, Switzerland), 7(9), 89. PMID: 31466345American College of Obstetricians and Gynecologists. (2022) FAQs: Polycystic ovary syndrome (PCOS). Retrieved July 26, 2024, from NICHD's wide-ranging mission to advance knowledge about health through the lifespan means that the Institute studies a broad range of health topics.Select a topic from the following list to learn more.Please note that information provided through the NICHD website is not intended as a diagnosis, nor should it replace advice from your health care provider.Links marked with an asterisk (*) go to information on other federal websites. 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