



QUESTIONS TO ASK
If You Have Polycystic Ovarian Syndrome (#39)

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This syndrome consists of a variety of symptoms. If you suspect or know that you have this disease, discuss the following with your doctor.

- \$ Is your FSH hormone and LH hormone ratio abnormal?
- \$ Are your serum lipid (fat) levels normal or abnormal? (Often the HDL is low and the LDL is higher.)
- \$ Do you have a normal blood sugar level after a glucose tolerance test?
- \$ Are the DHEA and DHEAS tests (androgen hormone) normal?
- \$ Is your serum prolactin level normal?
- \$ Is your total cholesterol under 200 mg/dl? Are your low density LDL, lipoprotein levels, below 100 mg/dl and are your HDL, high density lipoproteins, over 35 mg/dl?
- \$ If you are not responding to ovulation induction medications and have elevated androgen levels, ask if you need dexamethasone to lower your androgen level.
- \$ If you are not ovulating, ask your doctor about having a baseline bone density test.
- \$ If you have irregular cycles or unusual vaginal bleeding, has an endometrial biopsy been done to rule out hyperplasia (excessive thickening of the uterine lining)?
- \$ If you are using injectable drugs to enhance or trigger ovulation, discuss the increased risk for multiple gestations with your doctor.

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