

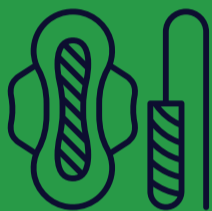
# POLYCYSTIC OVARY SYNDROME



EXCESSIVE BODY AND FACIAL HAIR?



THINNING HAIR ON THE HEAD?



IRREGULAR, PROLONGED OR HEAVY PERIODS?



SEVERE ACNE?



WEIGHT GAIN?

## What should you do:

- > Regularly track your period
- > See a doctor if you have 2 or more symptoms listed above



FEMALE PERFORMANCE & HEALTH INITIATIVE

For further information visit: [www.ais.gov.au/fphi](http://www.ais.gov.au/fphi)

