

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



AIS

FEMALE PERFORMANCE & HEALTH INITIATIVE

For further information visit: www.ais.gov.au/fphi

