

Polycystic Ovary Syndrome

POWERED BY 23ANDME RESEARCH

Polycystic ovary syndrome (PCOS) is a hormone disorder that affects females. People with PCOS may have high testosterone levels, irregular periods, and/or more ovarian follicles than usual (polycystic ovaries). PCOS is associated with an increased risk for infertility, diabetes, and heart disease.



Jamie, we could **not determine** your result for this report.

This report is intended to provide a genetic likelihood estimate for this condition. However, many of the **variants** used to calculate your result could not be determined.



This can be caused by random test error or other factors that interfere with the test.

Ways to take action

For people with PCOS, experts agree that healthy lifestyle habits can help reduce the severity of symptoms.

- Maintain a healthy weight (if overweight, losing even a small amount of weight can help)
- Eat a healthy diet
- Exercise regularly

PCOS is associated with certain metabolic conditions such as diabetes, and managing these conditions may also help manage PCOS. Talk to a healthcare professional if you have any concerns or are having trouble getting pregnant.



[Learn more from the National Institutes of Health](#)

About polycystic ovary syndrome

What is polycystic ovary syndrome?

Polycystic ovary syndrome (PCOS) is characterized by a set of specific criteria. To be diagnosed with PCOS, someone must have at least two of the following:

- Polycystic ovaries (more ovarian follicles than usual)
- High levels of androgen hormones (including testosterone)
- Infrequent or absent ovulation

Other common symptoms include irregular periods, weight gain, acne, oily skin, and excess hair growth on the face, chest, or other parts of the body.

How can PCOS impact your health?

PCOS can increase the risk for infertility and pregnancy-related complications. This condition is also associated with many different health conditions including obesity, diabetes, heart disease, fatty liver disease, and endometrial cancer. Some people with PCOS also experience sleep apnea, anxiety, and depression.

For people with PCOS, it's important to talk with a healthcare professional about the risk for these conditions in addition to reproductive concerns. Although there is no cure for PCOS, treatment plans – including medications and lifestyle modifications – can help manage the condition.

How common is PCOS?

PCOS is one of the most common causes of female infertility. It affects about 10% of females and is more common in those with a family history. Hormonal birth control can mask many of the symptoms, so some people with PCOS are not diagnosed until they stop taking birth control and have trouble getting pregnant.



Polycystic ovaries



Hormone imbalance



Irregular periods



Acne and oily skin



Excess hair



Infertility



Obesity



Diabetes



Heart disease



1 in 10

Keep in mind

This report **does not diagnose** polycystic ovary syndrome. **Consult with a healthcare professional** if you are concerned about your likelihood of having PCOS, have a personal or family history of PCOS, or before making any major lifestyle changes.



If you have already been diagnosed with polycystic ovary syndrome by a healthcare professional, it is important to **continue any treatment plans** that they prescribe, including medications and lifestyle modifications.



The likelihood of having polycystic ovary syndrome also depends on **other factors**, including family history.



This report **does not account for every possible genetic variant** that could affect your likelihood of having polycystic ovary syndrome.



This report is based on a genetic model **created using data from 23andMe research participants**. It has not been clinically validated and should not be used to make medical decisions.

[How we got your result](#)

Methods

This report is based on a statistical model that takes into account your genetic results at more than 1,300 genetic markers, along with the ethnicity and sex you reported in your account settings, to estimate the likelihood of having polycystic ovary syndrome. We used data from 23andMe research participants as well as data reported in the scientific literature to calculate this estimate. Results and estimates may be updated over time as the model or scientific understanding about this condition improves.

About the result

People whose result is associated with odds of having polycystic ovary syndrome that are at least 1.5 times higher than average are considered to have an increased likelihood. Between 8% and 24% of individuals receive an "increased likelihood" result, depending on ethnicity. These results are based on many genetic markers, and random test error at one or more of these markers can lead to a small margin of error in your estimated likelihood of having polycystic ovary syndrome. For people whose estimates are near the boundary between typical and increased likelihood, this margin of error may introduce some uncertainty about whether their estimated likelihood is considered "typical" or "increased".

Scientific validity across ethnicities

We verified that the model meets our scientific standards for individuals of European, Hispanic/Latino, East/Southeast Asian, South Asian, Sub-Saharan African/African American, and Northern African/Central & Western Asian descent.

How we may use ethnicity and sex to customize this result

- If you indicated in your account settings that you are of European, Hispanic/Latino, East/Southeast Asian, South Asian, Sub-Saharan African/African American, or Northern African/Central & Western Asian (Middle Eastern) descent, your result is tailored based on data from individuals of that ancestry.
- If you indicated in your account settings that you are predominantly of both Hispanic/Latino and another ancestry, your result will be based on data from individuals of Hispanic/Latino descent.
- If you indicated in your account settings that you are predominantly of both Sub-Saharan African/African American and European descent, your result will be based on data from individuals of Sub-Saharan African/African American descent.
- If there is not enough data from individuals of your ethnicity or combination of ethnicities at this time, your result may be based on data from individuals of European descent because the most data is available for this population.
- Your Polycystic Ovary Syndrome result also takes into account the sex you indicated in your account settings.

See our [white paper](#) to learn more about the science behind this report.

Read More:

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