

Polycystic Ovary Syndrome

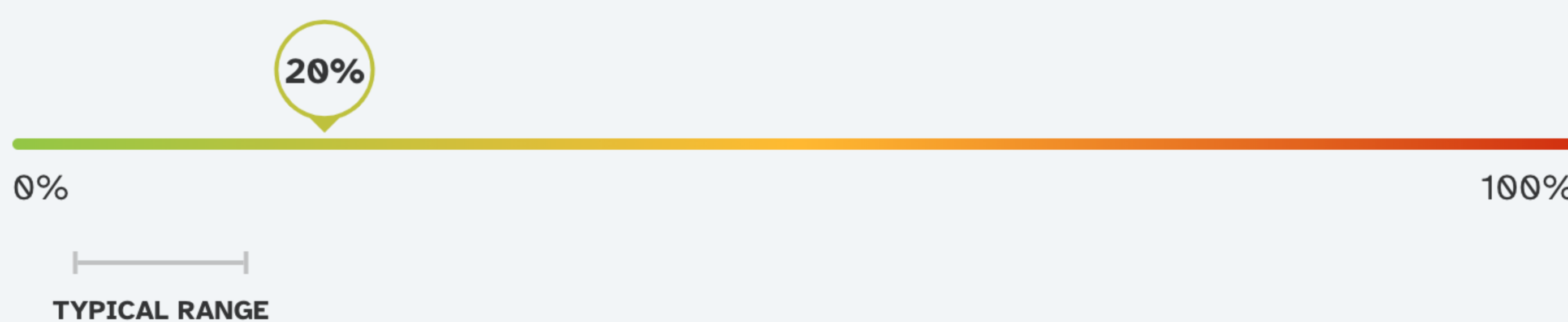
POWERED BY 23ANDME RESEARCH

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, your genetic result is associated with an **increased likelihood** of having polycystic ovary syndrome.

An estimated **20%** of people with genetics and other factors like yours have been diagnosed with polycystic ovary syndrome **by their 40s**. This is based on data from female 23andMe research participants of European descent.



This estimate is based on currently available data and may be updated over time.

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.

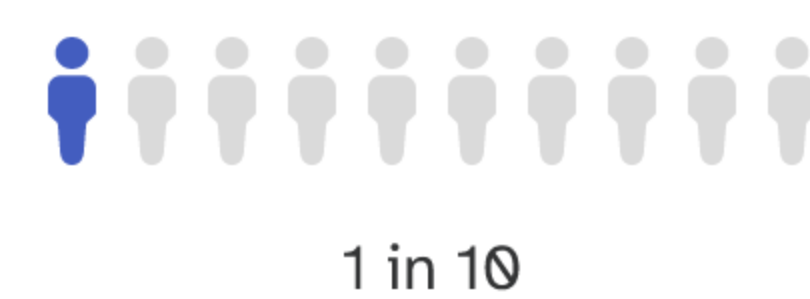
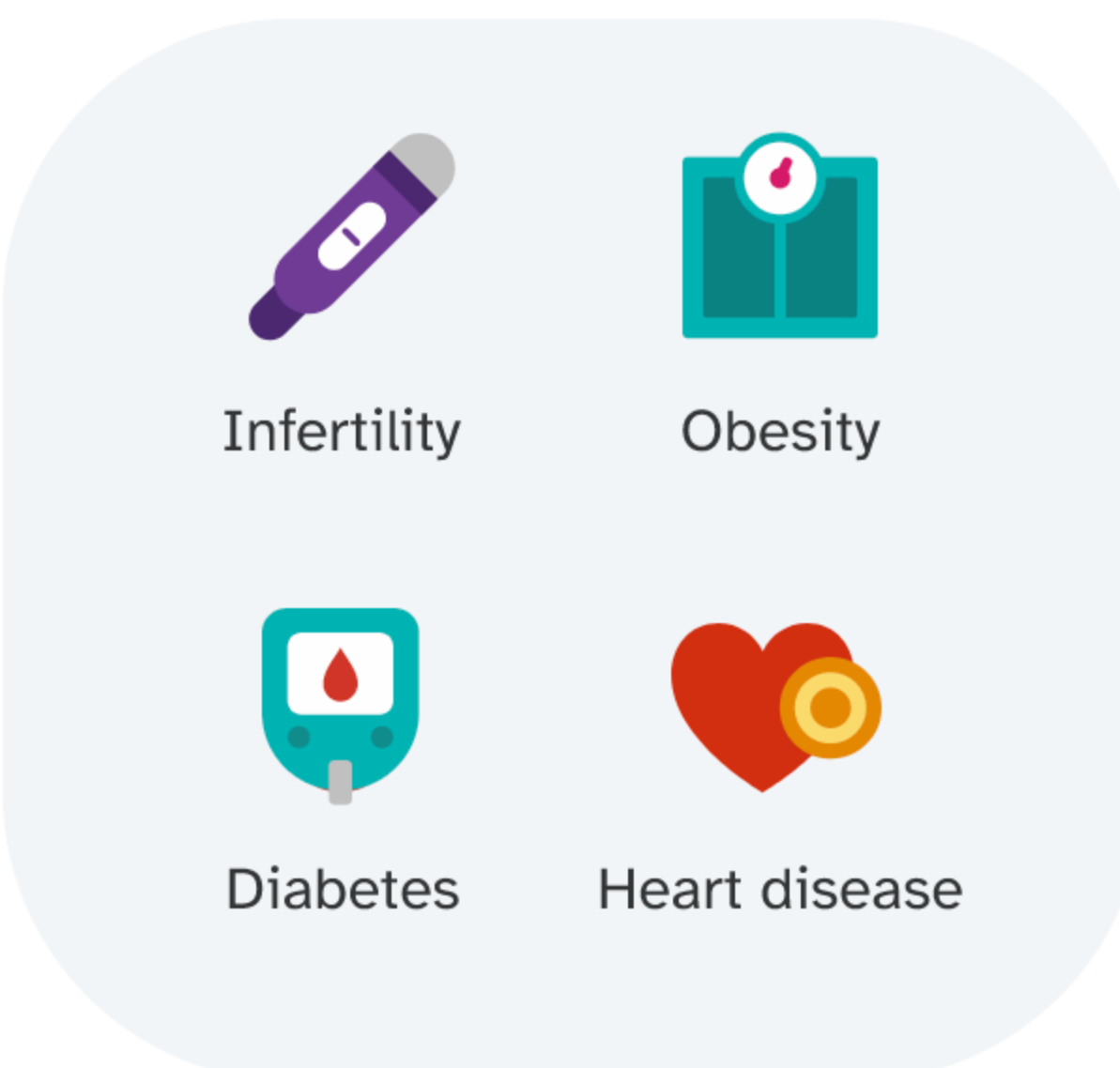
How can PCOS impact your health?

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.



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](#)



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Get reward

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