

Polycystic Ovary Syndrome (PCOS)

- PCOS is a common condition, present in 12 – 21% of women of reproductive age
- A diagnosis of PCOS can be made if 2 of the 3 following criteria are met:
 - Androgen excess (clinical or biochemical)
 - Menstrual disturbance (oligomenorrhoea or amenorrhoea)
 - Polycystic appearance of ovaries on ultrasound

Information Required

- Presence of Red Flags
- Duration of symptoms
- Associated symptoms
- Family history

Investigations Required

- Androgen studies, LH, FSH, oestradiol, progesterone
- Exclusion of Cushing's syndrome, non-classic congenital adrenal hyperplasia, thyroid dysfunction, hyperprolactinaemia
- TFT, Prolactin, 17-hydroxyprogesterone, DHEAS
- OGTT or HbA1c
- Lipids
- Sleep study is clinical suspicion of OSA

Fax Referrals to

GP Plus Marion

7425 8687

GP Plus Noarlunga

8164 9199

Red Flags

- 🚩 Virilization (not typical of PCOS and should prompt consideration for investigation of other causes of hyperandrogenism)
- 🚩 Abnormal glucose metabolism
- 🚩 Cardiovascular disease
- 🚩 Non-alcoholic fatty liver disease
- 🚩 Endometrial carcinoma

Suggested GP Management

- Treatment of PCOS aims to address the symptoms and long-term health risks arising from abnormal ovarian androgen production, anovulatory menstrual cycles, obesity and insulin resistance
- Most aspects of PCOS can be managed in general practice, but specialist referral is appropriate if:
 - Diagnosis is uncertain
 - Hirsutism is not responding to antiandrogen therapy after 6 to 12 months
 - Seeking fertility treatment, refer to reproductive physicians

Clinical Resources

- Endocrine Society Clinical Guidelines: Diagnosis and Treatment of Polycystic Ovary Syndrome (2013)
- Therapeutic Guidelines

General Information to assist with referrals and the and Referral templates for FMC and RGH are available to download from the SALHN Outpatient Services website www.sahealth.sa.gov.au/SALHNoutpatients and SAFKI Medicare Local website www.safkiml.com.au

Version	Date from	Date to	Amendment
1.0	Aug 2021	Aug 2023	Original