WOMO HEALTH

WOMO HEALTH GUIDE

PCOS

More than a cycle.
More than a label.
Your whole story.

Understand the patterns.
Prepare for the conversation.

What to notice · What to ask · What to track

Your body has a story. WOMO reads it.

01 / BEFORE YOU BEGIN

More than a period

PCOS can affect cycles, skin, hair, energy, and fertility. You deserve a conversation about the whole picture, including symptoms that may seem unrelated.

WHAT THIS GUIDE DOES

Helps you organize changes over time and ask focused questions about evaluation, health risks, and care options.

HOW TO USE IT

Mark what you notice, record four months of cycles and symptoms, and bring the provider summary to your visit.

WHAT PCOS MEANS

Polycystic ovary syndrome involves changes in ovulation and androgen activity. The name does not mean you must have ovarian cysts.

This guide is educational and cannot tell you whether you have PCOS. A licensed provider can consider your history, symptoms, and test results together.

02 / WHAT TO NOTICE

Your pattern may have clues

Check what applies to you. Write when it started and whether it changes across the month.

- [ ] Periods that are unpredictable or absent
- [ ] Weight changes that concern you
- [ ] Bleeding that is unusually heavy
- [ ] Darker, velvety skin on neck or underarms
- [ ] Acne that persists or changes
- [ ] Trouble becoming pregnant
- [ ] More facial or body hair
- [ ] Energy or mood changes
- [ ] Hair thinning on your scalp
- [ ] Sleep problems or loud snoring

A NOTE ABOUT THE NAME

Ovarian follicles on an ultrasound alone do not establish PCOS. A diagnosis depends on the broader clinical picture.

03 / WHAT TO ASK

Look beyond the ovaries

Your provider can decide which tests fit your history, including whether another condition could explain the changes.

CYCLES AND ANDROGENS

Ask how cycle history and signs such as acne or hair growth fit together, and whether testosterone testing would help.

OTHER POSSIBLE CAUSES

Ask whether thyroid and prolactin tests, and any other testing, are needed to rule out conditions with similar symptoms.

METABOLIC HEALTH

Ask about blood pressure, a cholesterol panel, and blood sugar evaluation. An oral glucose tolerance test may be useful; ask what is right for you.

IMAGING AND TIMING

Would an ultrasound add useful information in your situation? If periods are infrequent, ask how to protect the uterine lining.

04 / WHAT IT CAN AFFECT

Make a whole-health plan

PCOS is not only about appearance or pregnancy. Ask what to monitor over time, even if symptoms are manageable today.

BLOOD SUGAR AND HEART HEALTH

Insulin resistance, blood pressure, and cholesterol can matter. Ask when to check them again based on your results and history.

PERIODS AND THE UTERINE LINING

Long gaps between periods can allow the lining to build up. Ask what cycle protection or follow-up makes sense for you.

SLEEP AND EMOTIONAL HEALTH

Tell your provider about snoring, poor sleep, anxiety, or low mood. These experiences deserve attention in their own right.

YOUR GOALS COUNT

Care is different when your goal is predictable bleeding, skin or hair relief, metabolic health, or pregnancy. Say which matters most now.

05 / PRINT AND REPEAT

Four-month pattern tracker

Record what happens, not what you think it means. Print more copies if you need longer to see a pattern.

MONTH	PERIOD DATES / FLOW	SKIN / HAIR	ENERGY / MOOD

Also note: sleep, medicines or supplements, pregnancy goals, and family history.

06 / CARE CONVERSATIONS

Options to discuss

There is no one plan for everyone. Ask which options match your symptoms, health history, and pregnancy goals.

CYCLE AND LINING PROTECTION

Hormonal contraception or a prescribed progestin may help with bleeding patterns and lining protection. Ask about benefits and risks.

INSULIN AND METABOLIC HEALTH

Ask about movement, food, sleep, and whether a medicine is appropriate for your blood sugar or metabolic concerns.

SKIN AND HAIR

Ask about treatments for acne, unwanted hair, or scalp thinning. Some medicines require a pregnancy-prevention plan.

IF PREGNANCY IS A GOAL

Ask whether ovulation treatment or a fertility referral makes sense, and when to follow up if you are trying to conceive.

07 / WHAT TO SAY

Questions for the room

DO THESE SIGNS FIT?

“Could PCOS explain my cycle and skin or hair changes? What else should we consider?”

WHAT TESTS WOULD HELP?

“Which hormone or other tests fit my symptoms, and what would the results change?”

WHAT SHOULD WE MONITOR?

“What is my plan for blood sugar, cholesterol, blood pressure, and the uterine lining?”

WHAT ARE MY CHOICES?

“Which options address what matters most to me right now, and when should we follow up?”

IF YOU FEEL DISMISSED

“These changes affect my daily life. Can we make a plan or refer me to someone experienced with PCOS?”

08 / BRING THIS PAGE

Your provider summary

MY CYCLE PATTERN AND LAST PERIOD

SKIN, HAIR, ENERGY, SLEEP, OR MOOD CHANGES

HOW THIS AFFECTS DAILY LIFE

FAMILY HISTORY, MEDICINES, AND SUPPLEMENTS

MY GOALS AND WHAT I AM ASKING TODAY

GET PROMPT CARE FOR

Bleeding that soaks a pad or tampon every hour for two hours, severe one-sided pelvic pain with fever or vomiting, fainting, or confusion with marked thirst or urination.

Sources: ACOG, PCOS FAQ; 2023 International Evidence-based PCOS Guideline.

09 / PLAIN LANGUAGE

Words worth knowing

ANDROGEN

A group of hormones, including testosterone, present in all bodies.

OVULATION

The release of an egg from an ovary; its timing can vary or be absent.

INSULIN RESISTANCE

When the body has more difficulty responding to insulin.

A1C

A blood test that estimates average blood sugar over roughly three months.

GLUCOSE TOLERANCE TEST

A timed test that checks how your body handles sugar after a drink.

PROGESTIN

A medicine with progesterone-like effects, sometimes used for the uterine lining.

ULTRASOUND

Imaging that can show the ovaries and uterus; findings need clinical context.

ENDOMETRIAL LINING

The tissue inside the uterus that changes across the cycle.

Your body has been telling you something. Now you have the words.

Log your cycle, bleeding, skin and hair changes, sleep, and energy with Mae. Bring those patterns to your provider.

Take the free 10-minute health assessment at womo-health.com

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With you in this, the WOMO team ♥

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This guide is educational and is not medical advice. It does not diagnose, treat, or replace care from a licensed provider. If you think you are having a medical emergency, call 911 or go to the nearest emergency room.