



**Adult PCOS Treatment Menu**  
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Reproductive System Health	Metabolic Health	Behavioral Health & Body Image
<b>Get more information about menstrual cycle health</b> <ul style="list-style-type: none"> <li>- talk to a doctor about how PCOS affects reproductive health</li> <li>- learn about menstrual cycle charting</li> <li>- take tests to determine whether you are ovulating</li> <li>- take tests to evaluate brain-ovary communication axis</li> <li>- take tests for androgen hormones (testosterone and DHEA-S; only valid if not using hormones or hormone blockers)</li> </ul>	<b>Get more information about metabolic health and long-term health risk</b> <ul style="list-style-type: none"> <li>- talk to a doctor about the meaning of PCOS for long term health</li> <li>- insulin resistance/diabetes testing: HbA1c, glucose challenge test</li> <li>- check cholesterol panel</li> <li>- check liver and kidney function</li> </ul>	<b>Evaluate and treat mood and/or anxiety disorders</b> <ul style="list-style-type: none"> <li>- psychotherapy or counseling</li> <li>- seeing a psychiatrist</li> <li>- antidepressant medications</li> <li>- anti-anxiety medications (SSRI, SNRI, buspirone)</li> </ul>
<b>Protect the endometrium (prevent endometrial hyperplasia &amp; cancer)</b> <ul style="list-style-type: none"> <li>- learn about menstrual cycle charting</li> <li>- use cycles of progesterone pills to provoke periods</li> <li>- use hormonal birth control (pill, patch, vaginal ring, arm implant, intrauterine device-IUD, injection)</li> </ul>	<b>Treat insulin resistance</b> <ul style="list-style-type: none"> <li>- talk to a dietitian about nutritional approaches</li> <li>- physical activity</li> <li>- metformin</li> <li>- estrogen containing birth control</li> <li>- inositol (supplement)</li> </ul>	<b>Improve sleep quantity &amp; quality</b> <ul style="list-style-type: none"> <li>- talk to a health psychologist for strategies to treat insomnia</li> <li>- talk to a psychiatrist about medications to treat insomnia</li> <li>- referral for a sleep study</li> </ul>
<b>Evaluate &amp; treat infertility</b> <ul style="list-style-type: none"> <li>- ovulation tests</li> <li>- tests of ovarian reserve (blood tests: AMH, FSH, estradiol)</li> <li>- pelvic ultrasound to evaluate uterus</li> <li>- HSG test to evaluate fallopian tubes</li> <li>- metformin to help promote ovulation</li> <li>- low monitoring letrozole (ovulation induction pill)</li> <li>- referral for advanced fertility care (monitored ovulation induction, intrauterine insemination, or IVF)</li> </ul>	<b>Evaluate for sleep disordered breathing (obstructive sleep apnea)</b> <ul style="list-style-type: none"> <li>- complete a screening questionnaire</li> <li>- referral for a sleep study</li> </ul>	<b>Address disordered eating</b> <ul style="list-style-type: none"> <li>- talk to a health psychologist about relationship with food</li> <li>- talk to a registered dietitian about mindful/'Intuitive' eating strategies and why diet culture is harmful</li> </ul>
<b>Optimize health for pregnancy</b> <ul style="list-style-type: none"> <li>- review medications &amp; other health conditions for pregnancy safety</li> <li>- folic acid supplementation</li> <li>- review how to 'try to conceive' to optimize chances of pregnancy</li> <li>- learn about pre-pregnancy genetic testing (carrier testing)</li> </ul>	<b>Target weight loss (optional – weight is not a direct indicator of health!)</b> <ul style="list-style-type: none"> <li>- talk to a dietitian about nutritional approaches</li> <li>- physical activity</li> <li>- referral for 'Weight loss' medications</li> </ul>	<b>Treat skin, hair, and body image concerns</b> <ul style="list-style-type: none"> <li>- dermatologist referral to help treat acne, unwanted hair growth, scalp hair loss, skin discoloration, and skin boils</li> <li>- estrogen containing birth control</li> <li>- spironolactone</li> <li>- talk to a health psychologist about body image</li> </ul>