



Community Connections – Building Your PCOS Community

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Effective Strategies for Navigating Care, Finding Emotional Support, and Achieving Health Goals

Living with PCOS can be challenging, but a supportive community can make a big difference.

Here's what we know:

Why Community Matters

- **Access to Information:** With the right community support, you can gain access to a wealth of research-based resources and shared experiences that can help you make more informed decisions.
- **Connection and Validation:** Community creates a safe space where your experiences are heard, and the stigma often associated with PCOS is reduced.
- **Collaborative Action:** When individuals come together, they can collectively push for systemic changes in healthcare, research, and policy that directly affect their lives.

Building Your PCOS Community

- **Join and Engage** - Begin by connecting with others who truly understand your experiences. PCOS Challenge provides a range of in-person events and online support groups where you can engage with others, share your experiences, and learn from evidence-based resources.
- **Collaborate and Share Knowledge** - In a community, no one person has all the answers. Sharing knowledge and learning from others creates a collective strength that can help guide your journey.
- **Engage in Shared Decision-Making** - PCOS care is about more than following advice—it's about making informed choices that align with your personal goals. Community helps you feel empowered to ask the right questions and take an active role in your health decisions.

Reflection Questions

1. What additional support do you feel you need in managing your PCOS?
2. What types of support would you find most valuable from a community?
3. What about your lived experience would you like to share or contribute to a community?

REFERENCES

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