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PCOS is a set of symptoms related to a hormonal imbalance. Symptoms can affect metabolic, cardiovascular, inflammatory, reproductive, and other aspects of health. PCOS may cause menstrual cycle changes; skin changes such as increased facial and body hair and acne; growths in one or both ovaries, often clumps of ovarian follicles that have stopped developing; and infertility. People with PCOS may also have metabolic issues, such as insulin resistance or obesity. PCOS is a set of symptoms—including metabolic and reproductive—related to a hormonal imbalance. More >> PCOS symptoms can include menstrual irregularities, cardiovascular issues, acne, insulin resistance, and obstructive sleep apnea. More >> Research shows that genetic and environmental factors contribute to the development of PCOS; the exact cause of PCOS remains unknown. More >> Health care providers look for two or more features—absence of ovulation, resulting in light or skipped periods; high androgen levels; and follicle growths in one or both ovaries—to diagnose PCOS. More >> Treatments for PCOS, its specific symptoms, and its associated health problems vary, but they may include lifestyle changes, medications, and ways to remove or otherwise address increased hair growth. More >> NICHD research explores causes, predictors, treatments, and other topics related to PCOS. More >> NICHD conducts and supports a variety of clinical research projects related to PCOS. More >> Find answers to other frequently asked questions related to PCOS, the conditions associated with it, and its effects on pregnancy. More >> Links to websites of groups that study and provide information about PCOS. More >> PCOS is a set of symptoms related to a hormonal imbalance. These symptoms can include changes in metabolism, menstrual and reproductive health, and heart and blood function, as well as inflammatory responses and other outward characteristics.What is PCOS?PCOS is a set of symptoms related to a hormonal imbalance. Women with PCOS usually have at least two of the following three features:1Absence of ovulation (when the ovary releases a mature egg into the fallopian tube, usually monthly), leading to irregular menstrual periods or no periods at allHigh levels of hormones called androgens, or signs of high androgens, such as increased body or facial hairGrowths in one or both ovaries, often clumps of ovarian follicles that have stopped developing2Some women diagnosed with PCOS have the first two features, as well as symptoms of PCOS, but do not have growths in their ovaries. More recent genetic research suggests there may be two or more subtypes of PCOS defined by a set of genes or changes in specific genes.3PCOS is the most common cause of anovulatory infertility, meaning that the infertility results from the absence of ovulation. Many women don't find out that they have PCOS until they have trouble getting pregnant.Women with PCOS may experience a range of symptoms that may seem unrelated to ovaries. For example, increased hair growth, dark patches of skin, acne, insulin resistance, and irregular menstrual bleeding are all possible symptoms of PCOS. American College of Obstetricians and Gynecologists. (2022) FAQs: Polycystic ovary syndrome (PCOS). Retrieved July 26, 2024, from International evidence-based guideline for the assessment and management of polycystic ovary syndrome. Monash University, Melbourne, Australia, 2018. Retrieved July 26, 2024, (PDF 1.42 MB)Dapas, M., Lin, F. T. J., Nadkarni, G. N., Sisk, R., Legro, R. S., Urbanek, M., Hayes, M. G., & Dunaif, A. (2020). Distinct subtypes of polycystic ovary syndrome with novel genetic associations: An unsupervised, phenotypic clustering analysis. PLOS Medicine, 17(6), PMID: 32574161 Treatments for PCOS, its specific symptoms, and its associated health problems vary, but they may include medications, lifestyle changes, and ways to address increased hair growth and acne.Because PCOS has a broad range of symptoms, health care providers may use a variety of treatments for this condition and its symptoms.1The treatment(s) your health care provider suggests will depend on your symptoms, overall health, and plans for pregnancy.Because some of the common treatments for PCOS symptoms can prevent pregnancy or may harm the fetus during pregnancy, it's important to discuss your fertility goals with your health care provider when discussing treatment options. Be sure you fully understand your treatment options and their effects on pregnancy before deciding on a course of treatment.Please note that treatments have risks and side effects, some of them serious. You should discuss the risks and possible side effects of treatments with your health care provider. Because some lifestyle choices, such as smoking cigarettes, can increase these risks, you should discuss all these factors with your health care provider before making decisions about treatments.Many of the treatments discussed are not approved by the U.S. Food and Drug Administration (FDA) specifically for treating PCOS, meaning they cannot cure or prevent the condition. However, your health care provider may recommend them to treat symptoms of PCOS, such as acne and irregular periods.The following information describes available treatments for different symptoms of PCOS. You can also review the treatment options for infertility related to PCOS. Research shows that, if a person with PCOS has overweight or obesity, losing a small amount of weight and being more physically active can minimize many PCOS symptoms and related health issues, especially cardiovascular risks.2Weight loss can restore ovulation and help make menstrual cycles more regular, which can improve chances of pregnancy and overall health.2,3Losing weight can improve both insulin and cholesterol levels.2,4For many women with PCOS, weight loss also reduces symptoms such as increased hair growth and acne.2,5Physical activity can help reduce depression associated with PCOS.6Adjusting your diet to reduce foods that can cause or increase inflammation could also be beneficial.7 Talk to your health care provider about designing a diet and physical activity plan just for you. Also called birth control pills or “the pill,” oral contraceptives containing the hormones estrogen and progestin are the primary long-term treatment option for women with intact ovaries who have PCOS but do not wish to become pregnant.2 In women with PCOS, these hormones:2Make menstrual periods more regularReduce the level of androgens, leading to lower androgen activityHelp clear acne and reduce increased hair growthOral contraceptives can help lower the risk of certain types of cancers, but they may also raise the risk of other types of cancers.8 There is no one oral contraceptive that works best for women with PCOS. However, some pills contain progestin, and some types of progestin have “androgenic” side effects, such as oily skin, acne, and increased hair growth. For this reason, birth control pills that contain a low-androgenic progestin that does not activate these side effects are more effective at treating the symptoms of PCOS.9 These types of medications make the body more responsive to insulin and keep glucose levels more stable.2,10 In women with PCOS, these medications can help:Clear acne and reduce hair growthImprove weight lossLower cholesterol levelsMake periods more regularSlightly reduce infertility associated with PCOS11After 4 to 6 months of using these medications, women with PCOS who have ovaries may start ovulating naturally.12Insulin-sensitizing medications, such as metformin, are not FDA approved to treat PCOS, but may help reduce symptoms. Talk to your health care provider about any concerns you may have about these medications.13 These medications either prevent the body from making androgens or limit the activities or effects of those hormones. In women with PCOS, anti-androgens can:Lower androgen levelsReduce hair growthClear acneBecause anti-androgens can cause congenital anomalies, they are often taken with oral contraceptives to prevent pregnancy.14 Be sure to talk with your health care provider about the risks of these treatments, especially if you want to become pregnant.Anti-androgen medications are not FDA approved to treat PCOS but may help reduce symptoms. Currently, the best type of anti-androgen for treating PCOS symptoms is not known. Those who wish to remove or otherwise address unwanted hair or increased growth for personal aesthetic reasons can use the following methods instead of or in combination with other approaches:13Daily application of an eflornithine cream slows hair growth, especially on the face, by blocking an enzyme hair needs to grow. The hair will grow back when use of the cream stops, so those interested should talk with a health care provider about a long-term management plan.Eflornithine is FDA approved for the treatment of unwanted facial hair, but no studies have been published about its use specifically in women with PCOS.13Some studies in animal models suggest that combining the cream use with mechanical methods, such as microneedles, may improve outcomes.15Pregnant women should not use this cream because it can cause harm to a fetus. Talk to your health care provider about risks, benefits, and your fertility goals before using the cream.16Mechanical methods, such as shaving, bleaching, plucking, waxing, and using depilatories (creams that dissolve hair), are also effective at temporarily removing or hiding unwanted hair. Some of these methods, such as shaving and plucking, are associated with skin irritation and the development of ingrown hairs. Similarly, some depilatories can cause irritation and rashes.Electrolysis, lasers, and intense pulsed light (IPL) therapy are options for permanent or long-term hair removal. These treatments may require multiple sessions to remove hair.2 Electrolysis uses an electric current applied to each hair follicle to destroy its root. Laser hair removal uses a laser beam to destroy the root of the hair follicle. IPL therapy uses an intense flash of light in a specific wavelength to target the melanin, or color, in hair to destroy the hair follicle. Retinoids, antibacterial agents, and antibiotics are common ways to treat acne; the specific treatment recommended depends on the severity of the acne. The treatments come in a variety of forms, such as pills, creams, or gels, and in different strengths; higher strength options may require a prescription.Because retinoids can cause congenital anomalies, those who are or wish to become pregnant should not use the treatments.2 Teede, H. J., Tay, C. 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VANIQA™ (eflornithine hydrochloride) cream, 13.9%. Retrieved July 26, 2024, from (PDF 236 KB) Archiver|手机版|小黑屋|PCOS技术网（鄂ICP备18002747号）GMT+8, 2025-6-20 05:07，Processed in 0.060050 second(s), 10 queries，MemCached On. Research has shown that genetic and environmental factors contribute to the development of PCOS, but its exact cause remains unknown.The symptoms of PCOS tend to run in families, so genetics have long been a focus of PCOS research.Recent research suggests that there are 19 possible changes, or variants, in genes that can increase a person’s risk of developing PCOS.1 These variants could explain why the features and symptoms of PCOS are so different from one person to the next.Although PCOS usually is considered to be a condition related to the ovaries, researchers found these genetic variants in both females and males. In fact, males with these genetic variants experienced cardiac and metabolic symptoms similar to those experienced by females with PCOS.2Researchers identified subtypes of PCOS based on these genetic variants. One group of NICHD-funded researchers identified two subtypes: reproductive, which has higher reproductive hormone levels; and metabolic, which had higher Body Mass Index (BMI), insulin, and glucose levels.3Other NICHD-funded work found four subtypes,4 which they called “clusters.” The genetic clusters correlated with distinct sets of symptoms: the obesity/insulin resistance cluster had higher BMI; the hormonal/menstrual cycle changes cluster had increased age at first menstruation; the blood markers/inflammation cluster had decreased blood markers, including platelets; and the metabolic changes cluster had high triglycerides and metabolic hormone levels.Research conducted in animal models suggests that exposure to increased levels of androgen hormones in the womb may also increase the likelihood of PCOS in offspring.5,6What causes the symptoms of PCOS?Many symptoms of PCOS result from an imbalance of hormones, chemicals that control functions in the body.The ovaries, testes, and adrenal glands produce reproductive hormones that are involved in regulating reproductive processes and health. One reproductive hormone, called estrogen, plays a role in regulating the menstrual cycle, breast health, bone development, and other important functions.7 Another such hormone, called androgen, contributes to hair growth, muscle development, sperm production (in males), and voice deepening.8Women with PCOS have higher levels of androgens and may have lower levels of estrogen. High levels of androgens can interfere with signals from the brain that control ovulation, making it occur sporadically or not at all. High androgen levels can also cause ovarian follicles—small, fluid-filled sacs where eggs grow and mature—to stop developing and clump together.9,10 Androgen levels also play a role in increased hair growth and acne.10Many women with PCOS also have problems with another hormone called insulin, which helps move sugar (also called glucose) from the bloodstream into cells to use as energy. When cells don't respond normally to insulin, the level of sugar in the blood rises. High insulin levels are linked to a skin condition called acanthosis nigricans, which results in thickened dark, velvety patches of skin.10In addition, the body produces more and more insulin to get glucose into the cells. To balance out the high levels of insulin, the body makes more androgens,9 which contribute to symptoms of PCOS. It is difficult to disrupt this cycle, which is why treating PCOS can be challenging. Welt C. K. (2021). Genetics of polycystic ovary syndrome: What is new? Endocrinology and Metabolism Clinics of North America, 50(1), 71–82. PMID: 33518187Zhu, J., Pujol-Gualdo, N., Wittemans, L. B. L., Lindgren, C. M., Laisk, T., Hirschhorn, J. N., & Chan, Y. M. (2022). Evidence from men for ovary-independent effects of genetic risk factors for polycystic ovary syndrome. The Journal of Clinical Endocrinology and Metabolism, 107(4), e1577–e1587. PMID: 34969092Dapas, M., & Dunaif, A. (2022). 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Because the characteristic features of PCOS—absence of ovulation, indicated by irregular menstrual periods or no periods at all; high androgen levels; and growths in one or both ovaries, often clumps of ovarian follicles that have stopped developing—are wide ranging, so, too, are the symptoms of the condition.Often, women and health care providers may not suspect PCOS because the symptoms may seem unrelated. These can include:1,2Menstrual irregularities:No menstrual periods—called amenorrheaSkipped periods—called oligomenorrheaVery heavy periodsBleeding but no ovulation—called anovulatory periodsInfertilityIncreased hair growth on the face, chest, belly, or upper thighs—a condition called hirsutismSevere, late-onset, or persistent acne that does not respond well to common treatmentsInsulin sensitivityObesity, weight gain, or trouble losing weight, especially around the waistOily skinPatches of thickened, dark, velvety skin—a condition called acanthosis nigricansFor many adolescents, these symptoms may also be part of puberty, especially early in the process. A health care provider may consider PCOS treatments for severe symptoms even without a diagnosis of PCOS.3Because many women don't consider oily skin, increased hair growth, or acne to be symptoms of a serious health condition, they may not mention these things to their health care providers. As a result, many women aren't diagnosed with PCOS until they have trouble getting pregnant, or until they have menstrual irregularities.Although PCOS is a leading cause of infertility, many women of reproductive age with PCOS can and do get pregnant. Pregnant women who have PCOS, however, are at higher risk for certain problems, such as miscarriage. Learn more about PCOS-related pregnancy problems. Women with PCOS are also at higher risk for the following health issues:Cardiovascular diseaseDepression, anxiety, and other mental health issuesEndometrial hyperplasia，a condition in which the lining of the uterus becomes too thick, and endometrial cancer, also called uterine cancerInsulin resistance, when the body doesn’t use insulin wellTo much glucose and insulin in the blood can contribute to metabolic syndrome and type 2 diabetes.More than one-half of women with PCOS have insulin resistance.6Patches of thickened, dark, velvety skin, called acanthosis nigricans, are associated with insulin resistance.Metabolic syndrome, a group of risk factors for heart disease and type 2 diabetesAbout 25% to 45% of women with PCOS have metabolic syndrome.7ObesityObesity is a risk factor for many health problems, including diabetes, heart disease, high blood pressure, and sleep apnea.About 4 out of 5 women with PCOS also have obesity.5Obstructive sleep apnea, a disorder that causes pauses in breathing during sleepSleep apnea increases the risk of high blood pressure, heart attack, and diabetes.8Women with PCOS are at much higher risk for obstructive sleep apnea than others, including those without PCOS and those with obesity.9Type 2 diabetesIf not managed, diabetes can damage the kidneys and can lead to blindness, nerve damage, and foot problems.10 Type 2 diabetes also increases the risk for heart disease and high blood pressure.More than one-half of women with PCOS will have either type 2 diabetes or prediabetes before their early 40s.11Just because a woman is diagnosed with PCOS does not mean she will experience all these issues. 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PMID: 17304038 Page 2 查看: 31730|回复: 415 [复制链接] 签到天数: 1293 天连续签到: 1 天[LV.10]逍遥海仙III 登录/注册后可看大图 登录/注册后可看大图 登录/注册后可看大图 登录/注册后可看大图 登录/注册后可看大图 登录/注册后可看大图 登录/注册后可看大图 登录/注册后可看大图 登录/注册后可看大图 登录/注册后可看大图 登录/注册后可看大图 登录/注册后可看大图 登录/注册后可看大图 登录/注册后可看大图 确保安装，请保持C盘至少在50G以上，内存4G以上 更新25年04月的22H2版本，更新优化、精简系统部分细节 桌面不在保留老版本IE11图标，已替换为Edge浏览器图标 本版集成总裁驱动包已更新最新，故GHO版体积有所增加 因安装环境的特殊原因，在更新 KB5034441会安装失败 本文章结尾处请查看更新 KB5034441会安装失败解决方法 KB4023057补丁为微软更新健康工具，手动检查后自动安装 本版配合新版装机助手同步发布，新版装机助手功能更强大 桌面软件安装包里有最新OFFICE2024，可一键安装自动激活 手动检测更新，系统会在线对最新已安装补丁进行检测安装 任务栏的装机工具箱常用绿色小软件全部更新到最新稳定版 更新最新Defender关闭和删除工具，可彻底删除Defender 装机工具箱新增加了Windows Manager系统优化设置工具 360等杀毒工具会对装机工具箱绿色小软误杀，请加白名单 微软系统每月补丁更新频率较高，如有必要请安装好系统后手动更新 此版本集成压缩软件Win RaR软件，代替官方版本ZIP不能打开其它格式 保留虚拟平台和虚拟Hyper -V功能，解决以往版本不能安装WSA的问题 如任务栏或者开始菜单出现闪现或者无法点击现像，请卸载StartIsBack++ 2345浏览器为强制推广软件，为免弹出广告可手动设置配置，不喜欢可卸载 在装机工具箱提供实用提供Defender手动开启工具，并可移除Defender组件 可以正常安装补丁安全更新和版本升级，默认关闭defender，可自行手动开启 增加多张常用精美壁纸，包含了日常常用WIN8/10/11壁纸和系统版本季节壁纸 本次采用最新版本HEU_KMS_Activator_v42软件激活，可手动激活系统和OFFICE 无精简WinSxS和主要组件，默认停用Defender，如个别要求需要请用装机箱工具自行开启 本版本默认集成NET Framework v3.5 简体中文版，解决特殊环境要求，可自行安装其它运行库 桌面软件安装包放有360安全软件安装包，首次会自动提示安装，有需要请自动手动安装 已集成常用运行库DirectX9c、VC++ 2008/2010/2012/2013/2015 运行库支持文件 二、系统优化： ========== 基于Win10 Build 22H2 19045.5737（简体中文） 开启administrator账户登录并使edge、小娜等应用可以正常开启 开启NetFX3 集成.NET4.8 精简部分不常用的开始菜单应用，保留edge、小娜、日历和应用商店 精简混合现实门户 精简WinSAT 精简硬件设备自动播放 精简部分输入法（保留微软拼音） 微软拼音默认是英文，方便日常使用 精简右键部分多余菜单 精简部分驱动 注册表优化系统 隐藏资源管理器左则方的“快速访问” 可以正常在控制面板开启和关闭功能 默认关闭WINDOS安全中心服务 默认关闭WINDOS系统防火墙 默认关闭defender（可彻底删除） 默认关闭系统休眠 默认关闭安全与维护的多余通知 默认IE浏览器图标于桌面 我的文档和收藏夹修改于D盘 系统下载目录修改默认到D盘 去除零售演示功能 禁用DiagTrack服务（非删除） 禁用OneDrive功能（非删除） 预设彩色标题栏 找回经典Windows照片查看器 打开资源管理器时是“此电脑”而不是“快速访问” 桌面与开始菜单显示常用图标 内置管理员登录，启用用于内置管理员的批准模式 ■ 桌面软件包： ========== ├─必备装机(部分手动安装) │ ├─ StartIsBack 2.9.20（经典开始菜单） │ ├─ 2345看图王v11.4.0.10421 │ ├─ 压缩软件WinRAR-7.00去广告版 │ ├─ 腾讯QQ 9.7.23.29394去广告版 │ ├─ PotPlayer_v1.7.22262.0去广告版 │ ├─ 360安全卫士13极速版 │ ├─ 360杀毒软件7.0最新版 │ ├─ 2345浏览器V12 │ ├─ 360浏览器V15 │ ├─输入法 │ ├─ 搜狗五笔输入法 │ ├─ 搜狗拼音去广告版 ---------- ◆关于部分杀毒软件报毒的说明 装机工具箱目录下的一些装机工具软件如：创建宽带拨号和在线驱动、系统激活等破解工具，给装机人员带来了方便。一些软件作了更接近实际操作的设置调整，在进入桌面或者首次使用时会被警告提示，请忽略即可！再次重申报毒问题，封装软件肯定涉及系统深层的东西，还会修改部分系统文件与系统服务，被误报纯属正常（被某些国产杀毒误报就更正常不过了），请大家明鉴！ 提醒： 如何使用360或是金山卫士等杀毒软件扫描本系统，一些病毒报告都是属于误报。请大家放心使用! 论坛承诺永久不内置广告插件、恶意邦定IE首页、非法预留漏洞、有意内置病毒等一切有损用户使用体验和安全的行为！ 只要是用数字激活封装部署的系统安装后如显示为“教育版”要手动运行一下“教育版变专业版”批注，重新用装机工具箱里的激活工具重新激活一下即可！ 2025年04月26号 ┌──────────────