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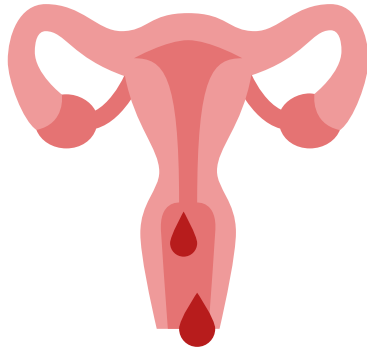


PCOS is a common endocrine disorder. PCOS Vitality is a not-for-profit organisation raising awareness of PCOS & providing online peer support for everyone with PCOS.

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# What is PCOS?



PCOS is characterised by irregular periods, hyperandrogenism and polycystic ovaries. Symptoms vary from person to person but the most common symptoms include missed periods, problems getting pregnant, excess facial hair, hair thinning, weight gain, acne and anxiety.

(DISCLAIMER: PCOS Vitality does not provide medical advice nor do we recommend any particular course of action or treatment).



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# PCOS Vitality Peer Support Group on Facebook

Gratitude  
Challenge

Intro Guide  
to PCOS

PCOS  
Self-care  
bingo



Mindful  
eating tips

3 week  
PCOS Vitality Protocol (c)  
Programme



Drs visit  
PCOS  
Question  
Prompt list

PCOS  
Wordsearch

PCOS  
Action  
Plan