



Program for Polycystic Ovarian Syndrome at Yale Fertility Center

**Focusing on the needs of women with
PCOS ... Aiming for a healthier you.**

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Polycystic Ovarian Syndrome (PCOS) is the most common hormonal reproductive problem in women of childbearing age. It can affect not just a woman's menstrual cycle, fertility, hormones, and appearance but also her overall health, increasing risk for diabetes and heart disease. Although its exact cause is unknown, up to 10% of reproductive-aged women suffer from PCOS.

At the forefront of PCOS treatment, the Program for PCOS at Yale Fertility Center (PPCOS@YFC) provides comprehensive assessment and individualized care to women of all ages with PCOS.

Our multidisciplinary team of highly trained clinicians, researchers, nutritionists and nurses has but a single aim: to help women with PCOS attain optimal health goals.

Services offered through PPCOS@YFC include:

- Diagnosis and management of PCOS in adolescence
- Management of bothersome PCOS-related complaints that include skin problems (such as pimples, excess hair growth, darkening of skin) and concerns with body image
- Nutrition counseling: Our aim is to help you achieve healthy weight goals
- Management of the psychological distress of PCOS
- PCOS-related infertility: Our goal is a healthy pregnancy in a healthy mother; pre-conception management focuses on reducing pregnancy-related risks (such as gestational diabetes) in women with PCOS who desire pregnancy
- Management of health risks of PCOS: Our focus is to help reduce the risks of heart disease and diabetes in women of all ages with PCOS