



NEW YORK CITY DEPARTMENT OF
HEALTH AND MENTAL HYGIENE

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Commissioner

Report on education efforts on polycystic ovary syndrome and endometriosis – 2024

There is no universally accepted definition of polycystic ovary syndrome (PCOS). Many different diagnostic criteria have been generated. Common PCOS symptoms include menstrual disorders such as amenorrhea (the absence of menstrual periods) or menorrhagia (menstrual bleeding lasting more than 7 days), infertility, changes in the appearance of the ovaries (e.g., many little cysts) on ultrasound, and insulin resistance or prediabetes. Symptoms can also include various skin disorders, especially skin disorder due to increased production of a group of steroid hormones known as androgens, such as hirsutism (too much hair) and acne. PCOS is often co-managed by a gynecologist along with a primary care clinician.

Endometriosis is a disease related to menstruation. Endometriosis occurs when tissue similar to the interior lining of the uterus mistakenly migrates and implants in areas outside the uterus, primarily in the pelvic region. These implants are endometriosis, and they respond to the fluctuations of a hormones, like estrogen and progesterone, during a person's menstrual cycle. Symptoms of endometriosis can include abnormal or painful periods, painful intercourse, infertility, fatigue, gastrointestinal distress; however, for an endometriosis diagnosis, surgery (diagnostic laparoscopy) and biopsy to confirm. Ideally, a gynecologist or pelvic area surgeon should be consulted for diagnosis, management, and treatment

For diagnosis and treatment for PCOS or endometriosis, reach out to a primary care clinician or gynecologist. The American College of Obstetricians and Gynecologists (ACOG) is the leading professional membership organization for Obstetricians and Gynecologists. ACOG maintains a up to date directory of Obstetricians and Gynecologists [here](#).

NYC Health + Hospitals provides care to all New Yorkers, regardless of immigration status, insurance status or ability to pay. Call [311](#) or 212-NEW-YORK ([212-639-9675](#)) for assistance. You can schedule a primary care appointment only with a doctor at a NYC Health + Hospital or a NYC Health + Hospital Gotham Health site. [Find a doctor through NYC Health + Hospitals/Gotham Health](#).

The NYC Health Department does not collect data regarding the number of individuals who are diagnosed with polycystic ovary syndrome or endometriosis in the city.

The above information is posted to this webpage: <https://www.nyc.gov/site/doh/health/health-topics/pcos-and-endometriosis.page>