



NEW YORK CITY DEPARTMENT OF
HEALTH AND MENTAL HYGIENE

Ashwin Vasani, MD, PhD
Commissioner

Report on education efforts on polycystic ovary syndrome and endometriosis – 2023

Polycystic ovary syndrome (PCOS) is a condition that leads to a hormone imbalance that affects a person's periods, ovulation, ability to get pregnant, and metabolism. 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. Certain medications can help manage the symptoms. People with PCOS can develop other serious health problems, including a risk for diabetes, heart disease, and sleep apnea. PCOS is often co-managed by a gynecologist along with a primary care clinician.

Endometriosis is a condition when tissue similar to the interior lining of the uterus implants in areas outside the uterus, primarily in the pelvic region. This tissue responds to the fluctuations of hormones, like estrogen and progesterone, during a person's menstrual cycle, which can cause inflammation and scarring. Symptoms of endometriosis can include abnormal or painful periods, painful intercourse, infertility, fatigue, and gastrointestinal distress; these can be severe enough to interfere with school, work, and daily life. Certain medications can help manage the symptoms. If endometriosis is suspected, a gynecologist or pelvic surgeon should be consulted for definitive diagnosis (diagnostic laparoscopy and biopsy), management, and treatment options.

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/sexual-reproductive-justice-nyc.page>