

## CONTACT

The GP Liaison Team provides a service for patients and GPs who require assistance with referrals to Consultants and hospital services. To make an appointment to see one of our Consultants specialising in PCOS, contact the Team on:

Tel: **020 7234 2009**

Fax: **020 7234 2019**

Opening hours:

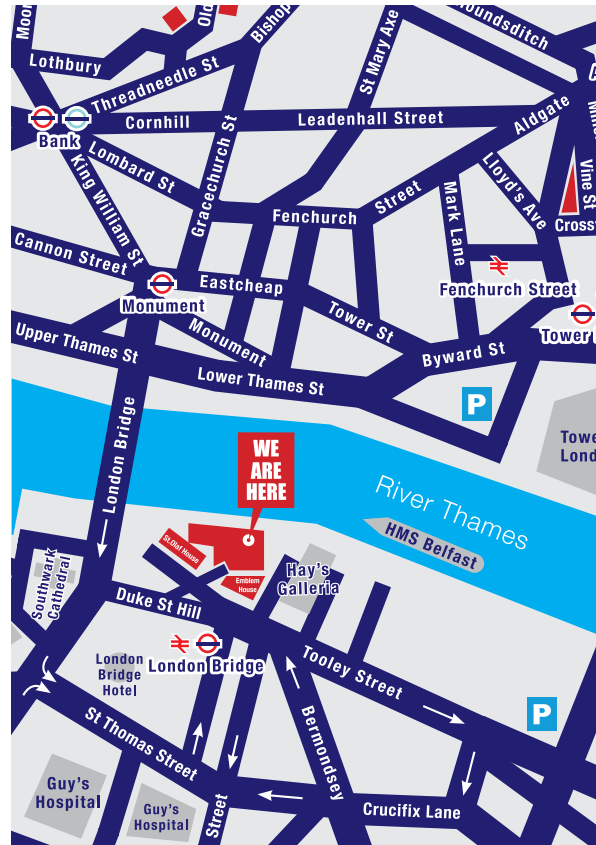
**Monday-Friday, 8.00am-6.00pm**

For more information about dietary advice for Polycystic Ovary Syndrome, contact the Dietetics Department on:

Tel: **020 7234 2282**

Email: [lbh.dietitians@hcahealthcare.co.uk](mailto:lbh.dietitians@hcahealthcare.co.uk)

Web: [www.londonbridgehospital.com](http://www.londonbridgehospital.com)



## HOW TO FIND US:

**London Bridge Hospital** is situated on the South Bank of the Thames. We are opposite London Bridge mainline and underground stations with easy access to the City. Please note: no right hand turn from Borough High Street into Duke Street Hill.



**London Bridge Hospital**

27-29 Tooley Street, London SE1 2PR

Tel: 020 7407 3100 Fax: 020 7407 3162

Email: [info.lbh@hcahealthcare.co.uk](mailto:info.lbh@hcahealthcare.co.uk)

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**London Bridge Hospital**

# WOMEN'S HEALTH POLYCYSTIC OVARY SYNDROME



Polycystic Ovary Syndrome (PCOS) is a common condition that affects how a woman's ovaries work.

PCOS affects millions of women in the UK.

It is estimated that around 1 in every 5 women in the UK has polycystic ovaries; however, more than half of these have no symptoms.

#### PCOS SYMPTOMS CAN INCLUDE:

- Being overweight, rapid weight gain especially around the waist and abdomen and difficulty in losing weight
- Depression
- Infertility (difficulty in becoming pregnant)
- Irregular periods (cycle greater than 35 days, or lack of periods)
- Oily skin/acne
- Recurrent miscarriages
- Unwanted facial and/or body hair (hirsutism).

#### TREATMENT OF PCOS

PCOS is a very common condition that has both short-term effects upon reproductive function and longer-term effects with the risk of diabetes and cardiovascular disease increased. Consultants at London Bridge Hospital specialising in this area can help with the management of PCOS, menstrual disorders and pelvic pain.

Lifestyle change and changes in diet are absolutely paramount to improving the symptoms of PCOS, as well as reducing the risk of developing associated long-term illnesses.

#### EATING RIGHT FOR PCOS

Being overweight can worsen the symptoms of PCOS and weight management has been recommended as first-line treatment for women with PCOS. At London Bridge Hospital, we have a dedicated Dietetic Department that can help you make lifestyle changes which can help to improve your symptoms and reduce your risk of associated chronic diseases. If you are trying to conceive, we can help to ensure you get all the nutrients you need for pregnancy.

At your initial appointment, a Dietitian will conduct a detailed dietary assessment, assessing the overall adequacy of your diet and offer tailored advice to help manage symptoms and improve your overall health. They will ensure that a balanced and healthy diet is achievable within your lifestyle. Ongoing support and follow-up appointments are also available should you require it.