ARUP Consult

Polycystic Ovary Syndrome in Adults

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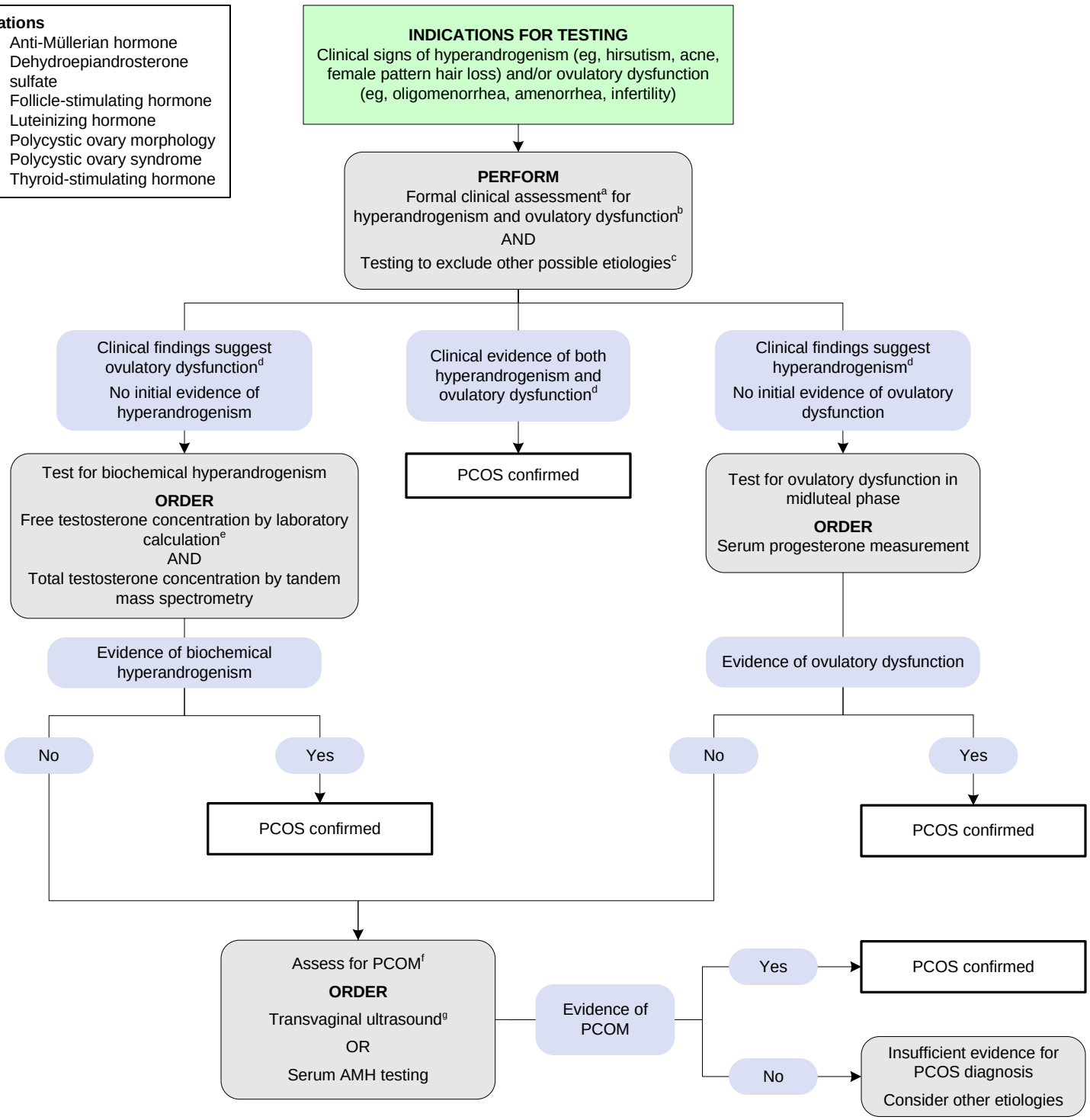
Abbreviations

AMH	Anti-Müllerian hormone
DHEAS	Dehydroepiandrosterone sulfate
FSH	Follicle-stimulating hormone
LH	Luteinizing hormone
PCOM	Polycystic ovary morphology
PCOS	Polycystic ovary syndrome
TSH	Thyroid-stimulating hormone



[a]Refer to the modified Ferriman-Gallwey scale to evaluate hirsutism and to the Ludwig visual scoring system to evaluate hair loss. For clinical criteria in the evaluation of menstrual irregularity, refer to the International Evidence-Based Guideline for the Assessment and Management of Polycystic Ovary Syndrome.
[b]Ovulatory dysfunction can, but may not always, present with menstrual irregularity. If anovulation is suspected in the presence of regular menstruation, assess midluteal serum progesterone concentrations.
[c]Rule out thyroid disease (test TSH), hyperprolactinemia (test prolactin), and congenital adrenal hyperplasia (test serum 17-hydroxyprogesterone). Additional lab work to rule out hypogonadotropic hypogonadism (test LH and FSH), ovarian failure (test FSH), Cushing disease, and androgen-secreting tumors should be considered based on patient history and clinical picture.
[d]With no other etiologies identified.
[e]If free testosterone is not elevated, measurement of DHEAS or androstenedione by tandem mass spectrometry may be considered.
[f]Currently, assessment for PCOM is not recommended in individuals <8 yrs postmenarche.
[g]Refer to the International Evidence-Based Guideline for the Assessment and Management of Polycystic Ovary Syndrome for additional guidance on the use of ultrasound to evaluate adults for PCOM.

References

1. Teede HJ, Tay CT, Laven J, et al. International evidence-based guideline for the assessment and management of polycystic ovary syndrome 2023. Monash University, 2023. [Updated: August 2023; Accessed: September 2023]
2. Goodman NF, Cobin RH, Futterweit W, et al. American Association of Clinical Endocrinologists, American College of Endocrinology, and Androgen Excess and PCOS Society disease state clinical review: guide to the best practices in the evaluation and treatment of polycystic ovary syndrome—part 1. *Endocr Pract*. 2015;21(11):1291-1300.

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