

English	Simplified Chinese (Mandarin) / 简体中文
<p>Polycystic ovary syndrome (PCOS)</p> <p>Polycystic ovary syndrome (PCOS) is a condition that affects how your ovaries work. Despite the name, there are no cysts on the ovaries. During ovulation, an egg is released once a month, this is called ovulation. PCOS can have an impact on this and cause irregular ovulation, or no ovulation at all. If you want to have a family, PCOS can make it difficult to get pregnant.</p> <p>PCOS can also affect your metabolism (the chemical reactions in the body's cells that change food into energy) making it easier to gain weight and more difficult to lose weight.</p>	<p>多囊卵巢综合征 (PCOS)</p> <p>多囊卵巢综合征 (PCOS) 是一种影响卵巢功能的疾病。尽管名称如此，但卵巢上并无囊肿。每个月排卵期间释放一个卵子，这称为排卵。PCOS 可影响排卵并导致排卵不规律，甚至不排卵。如果您想备孕，PCOS 会导致您很难怀孕。</p> <p>PCOS 还会影响您的代谢（机体细胞内将食物转化为能量的化学反应），使您的体重更加易增难减。</p>
Symptoms	症状

You are born with PCOS, but symptoms often start during puberty although for some people this can be later, up to their early twenties.

There are lots of different symptoms that can be caused by PCOS.

The main symptoms are:

- [irregular periods](#) – you should have at least 3 or 4 periods a year to keep the womb healthy if you're not using hormonal contraception
- excess facial or body hair which is caused by slightly higher levels of 'male' hormones in your body (androgen)

Other symptoms can include:

- weight gain
- hair loss or hair thinning
- oily skin or acne
- difficulty or delays getting pregnant

People who have PCOS can also struggle with depression and with their [mental health](#) as a result of the condition.

PCOS can increase your risk of certain health conditions, including type 2 diabetes and high cholesterol.

若您患有先天性 PCOS，往往在青春期才开始出现症状，而某些人可能更晚（20 多岁时）才会出现症状。

PCOS 可能引起多种不同的症状。主要症状如下：

- [月经不调](#)—如果您未采取激素避孕措施，每年至少应当有三、四次月经，才能保持子宫健康。
- 体内“男性”激素（雄激素）水平略高引起的面部或身体毛发过多

其他症状可能包括：

- 体重升高
- 毛发脱落或头发稀疏
- 油性皮肤或痤疮
- 怀孕困难或延迟

PCOS 患者可能还会因此患上抑郁症和[精神疾病](#)。

PCOS 会增加某些健康状况的风险，包括 2 型糖尿病和高胆固醇。

如果您出现这些症状，且没有怀孕或者没有接受激素治疗，应当告诉医生。

<p>You should speak to your doctor if you are experiencing these symptoms and you are not pregnant or on hormone treatment.</p>	
<p>Causes</p> <p>The exact cause of PCOS isn't known but it's thought to be caused by a hormone and metabolic (the chemical reactions in the body's cells that change food into energy) imbalance in the body.</p> <p>PCOS can run in families so if someone in your family has the condition, it's more likely you may have it too. You should let your doctor know if this is the case for you.</p> <p>People with PCOS have a higher risk of developing health problems in later life, such as type 2 diabetes and high cholesterol levels, as PCOS can make it easier to gain weight and more difficult to lose weight.</p>	<p>病因</p> <p>PCOS 的确切病因不明，但有人认为其是由体内激素和代谢（机体细胞内将食物转化为能量的化学反应）紊乱引起。</p> <p>PCOS 可以遗传。因此，如果您的家人患有 PCOS，您也很可能患此病。如果您有此情况，应当告诉医生。</p> <p>PCOS 患者在以后的生活中出现健康问题的风险较高，如 2 型糖尿病和高胆固醇，因为患上 PCOS 后，体重更加易增难减。</p>
<p>Diagnosis</p> <p>Your doctor will talk to you about your symptoms to help rule out any other health conditions.</p> <p>It can be helpful to keep a note of your period dates and symptoms using a calendar, a diary or an app. This can help you track how the symptoms are affecting your life, and will give your doctor more of an insight.</p>	<p>诊断</p> <p>医生将与您讨论您的症状，帮助排除任何其他健康状况。</p> <p>用日历、日记或应用程序记录您的经期和症状可能会有帮助。这样，可以帮助您跟踪这些症状如何影响您的生活，医生也能更全面地了解您的病情。</p>

<p>Your doctor might recommend you have some hormone and/or blood tests, to rule out any other hormone-related conditions.</p> <p>You might also need to have an ultrasound scan, as this will help them to diagnose PCOS.</p> <p>If you're diagnosed with PCOS, you may be referred to a specialist.</p>	<p>您的医生可能建议您做一些激素和/或血液检查，以排除任何其他激素相关疾病。</p> <p>您可能还需要做超声扫描，这有助于医生诊断 PCOS。</p> <p>如果您被诊断出 PCOS，可能会被转诊给专科医生。</p>
<p>Treatment</p> <p>Treatment can vary depending on your symptoms. Although there's no cure, there are lots of treatment options available to help manage your symptoms. Treatments can also help prevent complications and, if you want to have a family, improve your chances of getting pregnant. If you don't want to become pregnant you should still use contraception as you may still ovulate sometimes.</p> <p>Your doctor can discuss the options so that you can decide what's best for you, and you can ask any questions that you might have.</p> <p>Having a healthy diet and exercising regularly can significantly help your PCOS symptoms. It can also reduce your chances of developing other health conditions, including type 2 diabetes and high cholesterol.</p> <p>You should try to:</p>	<p>治疗</p> <p>根据您的症状，治疗方案可能有所不同。虽然尚无治愈方法，但有许多治疗方案可有助于管理您的症状。治疗也有助于预防并发症，如果您想备孕，可以提高您的怀孕机率。如果您不想怀孕，也应采取避孕措施，因您有时仍可排卵。</p> <p>医生可以讨论这些治疗方案，以便您确定最适合自己的方案，如果您有任何疑问，请咨询医生。</p> <p>保持饮食健康，勤锻炼，这些对您的 PCOS 症状很有帮助，还可降低某些健康状况发生的可能性，包括 2 型糖尿病和高胆固醇。</p> <p>您应当尝试：</p> <ul style="list-style-type: none"> • 大量摄入水果和蔬菜 • 摄入更多纤维类食物 • 大量饮水

<ul style="list-style-type: none"> • eat lots of fruit and vegetables • eat more fibre • drink plenty of water • eat oily fish • reduce meat and dairy products • avoid sugary food and drink • avoid or limit alcohol • going for regular walks • keeping active, in particular aerobic exercise <p>If you're struggling with managing your symptoms, your doctor can provide further support.</p>	<ul style="list-style-type: none"> • 多吃高脂鱼类 • 减少肉类和乳制品 • 避免含糖饮食 • 避免或限制酒精 • 经常外出散步 • 坚持运动，特别是有氧运动 <p>如果您正在努力控制自己的症状，医生可以提供进一步支持。</p>
<p>For more information about periods in Chinese simplified go to https://www.nhsinform.scot/translations/languages/chinese-simplified/</p>	<p>欲了解关于月经期的更多信息（简体中文版），请访问 https://www.nhsinform.scot/translations/languages/chinese-simplified/</p>
<p>11 July 2022</p>	<p>2022 年 7 月 11 日</p>