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Female Epidemic: Polycystic Ovary Syndrome increasingly diagnosed at spas

November 13, 2:00 PM • [NY Style Examiner](#) • [Anna De Souza](#)


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Your aesthetician may be able to diagnose serious conditions.
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Going to an aesthetician for acne treatments or hair removal could be covering up a serious health condition that affects over twenty million women in the United States.

It's called PCOS ([Polycystic Ovary Syndrome](#)), a hormonal imbalance that if left untreated can lead to cancer, stroke, infertility, and other devastating conditions. It is estimated that 15% of American women could be suffering from PCOS, with many cases going undiagnosed due to lack of awareness.

Women frequently turn to beauty treatments to address the external symptoms of PCOS, which include acne and excessive hair growth, but fail to see the warning signs.

"If caught in time, PCOS is a very treatable condition," says Mitchell Chasin, M.D., Medical Director of [Reflections Center for Skin and Body](#).

Unfortunately, many places that women go to treat the symptoms lack the medical knowledge to recognize the root of the problem. We've had many women come to our aesthetic practice who are surprised when we diagnose them with PCOS."

Dr. Chasin has put together a checklist of spa warning signs.

Common symptoms of PCOS include:

1. Acne
2. Excessive, thicker or darker hair on the face and body
3. Irregular period
4. Difficulty getting pregnant
5. Excessive weight gain or the inability to lose weight
6. Thinning scalp hair
7. Insulin resistance
8. Depression

Depending on hormone levels, some women have many of these symptoms at once, other just have one two,

6. Thinning scalp hair
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Depending on hormone levels, some women have many of these symptoms at once, other just have one two, making diagnosis more difficult. If any of these symptoms plague you, might be the time to bypass your spa and head straight to your physician.

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