



Society of Rural Physicians of Canada
27TH ANNUAL RURAL AND REMOTE MEDICINE COURSE
Halifax Nova Scotia • Halifax Convention Centre
APRIL 4 - 6, 2019

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SESSION 284

PCOS Made Simple, For Doctors and Patients

PCOS can be confusing for clinicians and patients: cysts, androgens, infertility, acne, endometrial hyperplasia, obesity... But where does it all start. This Socratic presentation presents a basic understanding of the pathophysiology of PCOS that provides a framework for guiding treatment of patients with PCOS at all stages of their reproductive life and gives clinicians tools to counsel patients with PCOS in a manner that is efficient, non-judgmental, and easy to understand.

1. Describe the fundamental pathophysiological abnormality underlying PCOS.
2. Address the varying needs of patients with PCOS across their reproductive life.
3. Counsel patients with PCOS in a manner that is: pragmatic, efficient, easy to understand, and non-judgmental.