

Common Treatment Options in PCOS

Treatment	Lowers Insulin	Reduces Blood Glucose	Reduces Androgens	Reduces Acne	Reduces Hirsutism	Normalises Ovulation	Improves Egg Quality	Reduces Tri-glycerides	Lowers LDL ("bad") Cholesterol	Raises HDL ("good") Cholesterol	BMI reduction	Prevents or treats Diabetes in pregnancy	Reduces Blood pressure	Prevents neural tube defects	Induces menstrual bleed	Free of Side Effects
Inoself	+++	+++	+++	+++	++	+++	++	+++	++	+++	+	+++	++	+++	++	+++
Clomiphene	N/A	N/A	N/A	N/A	N/A	+++		N/A	N/A	N/A	N/A	N/A	N/A	N/A	++	
Ovarian drilling	N/A	N/A	N/A	N/A	N/A	++		N/A	N/A	N/A	N/A	N/A	N/A	N/A		
Metformin	++	++	+	+	+	+?	N/A	N/A	N/A	+	+	+	N/A	N/A		Nausea, metallic taste, hypoglycaemia
COCP e.g. Co-Cyprindriol	N/A	N/A	N/A	+	+	+++ But Contra-ceptive		N/A	N/A	N/A	N/A	N/A	N/A	N/A	-	
Eflornithine	N/A	N/A	N/A	---	++	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Acne
Roaccutane	N/A	N/A	N/A	++	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Teratogenic
Anti-Androgens e.g. spironolactone, flutamide, finasteride	N/A	N/A	++	++	++	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Teratogenic
Progesterone	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		+++	
Gonadotrophins	N/A	N/A	N/A	N/A	N/A	during treatment	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		
Statins	N/A	N/A	N/A	N/A	N/A	N/A	N/A	non discriminatory			N/A	N/A	N/A	N/A	N/A	common
Orlistat	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	if used with lifestyle changes	N/A	N/A	N/A	N/A	not tolerated well by many
Laser, electrolysis, depilation, waxing, shaving	N/A	N/A	N/A	N/A	+++	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Cost
Lifestyle changes	+	+	+	+	+	+	+	+	+	+	+	+	+	N/A	+	+++