



A PCOS diagnosis requires two of three symptoms: irregular periods, elevated male-type hormones and the presence of a polycystic ovary by ultrasound. Because PCOS is a syndrome, not every woman affected will experience the same symptoms. This can make diagnosis a tricky undertaking for physicians and one that can only be confirmed by combining a physical exam with blood tests and an ultrasound.

McCrory said her initial issue with irregular cycles evolved into weight gain and how she carried the weight. For women with PCOS, weight gain is generally the result of an overabundance of male hormones, meaning they typically carry their weight similar to males, which is around the abdomen.

“As I got older, I noticed the hormonal issues: hormonal acne, the mood issues, depression and anxiety, as well as the overall feel

was able to look at what worked best for me and a target: my diet, my lifestyle and the support that I needed to best equip my body.”

When McCrory was