

PCOS Challenge, Inc. Media Relations

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ADDRESS ONE OF THE MOST CRITICAL, UNDER-DIAGNOSED, UNDERFUNDED AND NEGLECTED AREAS OF WOMEN'S HEALTH

Polycystic Ovary Syndrome (PCOS) is a serious and complex genetic, hormonal, metabolic and reproductive disorder that affects up to 15% of women. It is the most common endocrine (hormone) disorder in women and the leading cause of female infertility. Women with PCOS constitute the largest group of women at risk for developing cardiovascular disease and type 2 diabetes. The National Institutes of Health estimates that 50% of women with PCOS will become diabetic or pre-diabetic by the age of 40. PCOS can lead to other serious conditions including severe anxiety and depression, obesity, endometrial cancer and other cancers. Despite affecting millions of women and the serious health consequences, PCOS is unknown to most people and a staggering 50% of the women and girls living with PCOS are estimated to still be undiagnosed.

Book **Sasha Ottey** today and let her inform your audience about this critical health condition and how they or their loved ones can get screened, diagnosed and connected with life-saving support resources.

SAMPLE TOPICS FOR DISCUSSION

1. PCOS: A Common Disorder that Leads to Infertility, Diabetes, Cardiovascular Disease and Endometrial Cancer
2. PCOS - 10% of Women Have it. 50% are Undiagnosed. Have You Been Screened?
3. Polycystic Ovary Syndrome Affects 1 in 10 Women. Why Don't We Know About It?
4. Upcoming PCOS Education and Awareness Events

Sasha Ottey is Founder and Executive Director of PCOS Challenge, Inc., the leading 501(c)(3) nonprofit organization advancing the cause for women and girls with Polycystic Ovary Syndrome, also known as PCOS. The mission of PCOS Challenge is to help raise public awareness about PCOS and to help women with the condition overcome their symptoms and reduce their risk for life-threatening related diseases such as cancer, diabetes and cardiovascular disease. Sasha started PCOS Challenge, Inc. after her own diagnosis and dissatisfaction with the availability of support resources for the condition. Since its founding in 2009, the organization has grown to over 40,000 members worldwide. Sasha is a Clinical and Research Microbiologist with a Bachelor's degree in Clinical Laboratory Science from Howard University and a Master's in Health Administration from the University of Phoenix.

To learn more about PCOS Challenge, visit PCOSChallenge.org.

SAMPLE QUESTIONS FOR SASHA OTTEY

1. Please tell our audience what Polycystic Ovary Syndrome is. What are common symptoms?
2. What should people do if they think they may have PCOS? Where should they seek help?
3. What are some of the common treatments for PCOS?
4. What has been your personal experience with PCOS?
5. What stories have other women shared with you about their struggles with PCOS?
6. What inspired you to start the PCOS Challenge?
7. Can you talk about some of the PCOS support programs and resources that you offer?
8. How can a partner support a loved one who has PCOS?
9. You have a few PCOS events coming up. Can you talk about the events and how people can get involved?
10. How can people find out more about PCOS and PCOS Challenge?