



## PATIENT COMMUNICATION GUIDE

### A TOOL FOR BETTER COMMUNICATION WITH YOUR HEALTHCARE PROVIDERS

When talking with a healthcare provider about a PCOS diagnosis, it is important to devise a treatment plan that fits your needs. Use this guide to talk with your provider about a tailored health intervention plan that works for you.

#### DISCUSSION AREAS

##### STATUS & FAMILY HISTORY

Skin and hair concerns	Endometrial Cancer
Fatigue	Nonalcoholic Fatty Liver Disease
Mood changes	Diabetes
Weight gain	Heart Disease
Irregular menstruation	Stroke
	Obesity

##### GOALS

Regulate my cycles  
Address skin and hair concerns  
Conceive  
Mental health (e.g., depression, anxiety)  
Lifestyle management (e.g., sleep, exercise, stress, diet)

##### VALUES & PREFERENCES

Eating Vegan/Vegetarian/  
Gluten Free/ Dairy Free  
Lifestyle Management  
Physical Activity  
Use of Medications  
Working with Specialists

#### CONVERSATION PROMPTS

I have PCOS. I been experiencing \_\_\_\_\_ symptom(s), can we discuss this further?

The last date I experienced \_\_\_\_\_ symptom was \_\_\_\_ [Insert date].

I have a family history of \_\_\_\_\_. Does this impact my course of treatment, and will I need additional health screening(s)?

As part of my health goals, I want to work on \_\_\_\_\_, in the next \_\_\_\_ [Insert your time frame if applicable].

\_\_\_\_\_ is important to me. How can this remain as part of my treatment plan?

I would prefer to incorporate \_\_\_\_\_ [Insert any area(s) of focus] into my treatment plan. How can this be accomplished?

#### NOTES

- Based on what you and your healthcare provider discuss, develop an action plan for your PCOS care. Talk with your provider about steps you can take to achieve your goals, and ways they can help assist you.
- Be sure to tell your doctor if there are any special circumstances or situations that they should consider (e.g., work nights, trying to conceive, etc.)
- Healthcare providers who may assist in PCOS care management include: primary care physician, endocrinologist, dietitian/ nutritionist, psychologist, personal trainer and OBGYN.