

PCOS Symptoms in Unmarried Girls – Checklist

Ye checklist aapko PCOS ke common symptoms ko samajhne me madad karegi. Agar inme se zyada symptoms aapme hain, toh apne doctor se zaroor salah lein.

- Irregular periods (periods ka delay ya skip hona)
- Excessive hair growth (face, chest, back par)
- Severe acne ya pimples
- Weight gain, specially around belly
- Hair thinning ya scalp par bald patches
- Oily skin aur dandruff
- Dark patches on neck, underarms ya groin
- Mood swings, anxiety ya depression
- Difficulty in managing weight
- Excess fatigue (bahut zyada thakan)
- Pelvic pain or cramps without periods
- Difficulty in concentration ('brain fog')

Disclaimer: Ye checklist sirf educational purpose ke liye hai. Accurate diagnosis aur treatment ke liye doctor ki salaah lena zaroori hai.