

# Polycystic Ovarian Syndrome Conference

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## What do we know about quality of life in women with hirsutism?

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Hirsutism is a common sign of hyperandrogenism. The prevalence of hirsutism is estimated to 5%, where PCOS is the most common cause and is estimated to be responsible for 70% of hirsutism. Excessive hair growth has been found to be the second most seriously negative rated factor after infertility in women with PCOS. To live with hirsutism means to live with a life sorrow. Quality of life is depressed, measured with EQ-5D, EQ-VAS, Dermatology Life Quality Index (DLQI) and SF-36. Women with hirsutism report lower vitality level than patients with the neurological diseases myasthenia gravis and multiple sclerosis and low self-reported health status with SF-36. Higher levels of hair growth are significantly correlated to lower level of QoL and symptoms of both anxiety and depression. Good perceived social support seems to be associated with better quality of life. Informative support is one kind of social support. Healthcare should assist with informative support, i.e., information about the diagnosis and treatment options. Lasers or IPL for hair removal give long lasting effect and improves QoL.

### Biography

Maria Palmetun Ekback is a Senior Consultant in Dermatology. Her sub-specialization is in Laser Surgery, in which she has her clinical responsibility. She is also the Head of the Pharmacology and Therapeutic Department at Region Orebro County. She has obtained her PhD in Medicine with a thesis focusing on Hirsutism and quality of life. Her present research is mostly in clinical bed-side medicine. She is a Member of European Academy of Dermatology and Venereology, The Swedish Society for Dermatology and Venereology, The Swedish Society of Dermatologic Surgery and Oncology and The Nordic Society of Vascular Anomalies.

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