

Polycystic Ovarian Syndrome Conference

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PCOS in Teens: Development of an informational guidebook

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In the healthcare system there has been in the past an under-recognition of PCOS in teens. In addition to failing to make early diagnosis, there has been a tendency to treat symptoms and not address PCOS in a comprehensive fashion. Teens themselves have perceived a frustration over lack of information. Since PCOS is a complex disorder it requires an individualized approach, which is often very time-prohibitive. A booklet was developed to augment the use of the providers' time in explaining PCOS in simple terms to help teens receive basic knowledge about the disorder, how it can affect them and how they can begin to manage it.

Biography

Diana Dowdy has completed her Master of Nursing from Emory University in Atlanta, GA and her Doctor of Nursing Practice from University of Alabama in Huntsville. She is a Clinical Instructor at Vanderbilt University School of Nursing. She is a certified Nurse-Midwife and a registered diagnostic Sonographer with over 33 years of Clinical and Teaching experience. She has served on state and national boards and currently serves as Vice Chair to the ARDMS Task Force for Midwifery testing. She has published many peer-reviewed journals, including the *Journal of Pediatric Nursing* and published a patient guide entitled, *PCOS: A Guidebook for Teens*.

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