

## What is POSAA?

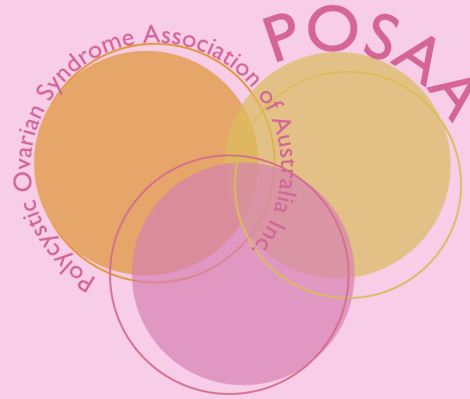
POSAA—the Polycystic Ovarian Syndrome Association of Australia Inc—provides valuable information and support to women who've not found it elsewhere!

POSAA is the leading support and advocacy group for women with the syndrome, their families and health professionals who have an interest in PCOS.

Benefits of membership includes:

- *POSAA*Abilities, a quarterly newsletter with the latest information on PCOS, dietary tips and the latest findings on the syndrome.
- Regular support group meetings - both 'face to face' and online.
- Discounted entry to the national conference each year. The conference brings together the country's leading PCOS health professionals and scientists.
- POSAA also runs the popular website [www.posaa.asn.au](http://www.posaa.asn.au). Your membership includes access to a special "members only" section on the website, with access to a live chat room, transcripts and copies of presentation from conferences and talks.
- POSAA is campaigning for national guidelines on diagnosing & treating PCOS

The association is run by volunteers and has charity status from the Taxation Office, donations \$2 and greater are tax deductible.



[www.posaa.asn.au](http://www.posaa.asn.au)

Polycystic Ovarian Syndrome  
Association of Australia Inc (POSAA)  
ABN 56 387 194 743

PO Box 822  
Dapto NSW 2530  
02 8250 0222

[www.posaa.asn.au](http://www.posaa.asn.au)  
[info@posaa.asn.au](mailto:info@posaa.asn.au)

#### PRIVACY POLICY

When you become a member you opt to receive communications issued by POSAA as part of your membership. Your personal information is not passed onto third parties and you may update your details anytime by contacting us.

#### DISCLAIMER

The information provided in this leaflet is not intended as a substitute for a professional, medical diagnosis. Please contact your doctor If you feel you have PCOS.

POSAA Inc is an Association run by volunteers.  
Donations \$2 or more are tax deductible.



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# POLYCYSTIC OVARIAN SYNDROME (PCOS)

*It can involve:  
irregular periods, excess  
weight, infertility, acne,  
insulin resistance, scalp  
hair loss, excess facial  
and body hair.*

Information  
Member Benefits

New Member Application  
Renewing Member  
Application

Polycystic Ovarian Syndrome  
Association of Australia Inc (POSAA)

[www.posaa.asn.au](http://www.posaa.asn.au)

## UP TO 12% OF WOMEN HAVE PCOS.

Despite evidence that up to one in eight Australian women and teenagers has PCOS, many women receive minimal support and from the medical community about the syndrome.

Polycystic Ovarian Syndrome is the most common hormonal disorder affecting women and the leading cause of female infertility.

PCOS is classed as a syndrome, as there are many symptoms - but not all patients suffer all the symptoms. It is rare to find two women who have exactly the same symptoms.

While many PCOS symptoms begin to emerge during adolescence or early adulthood, most sufferers do not receive a diagnosis until after they have failed to fall pregnant. By then, other health problems associated with the syndrome may also have started to emerge.

PCOS is often difficult to diagnose as symptoms vary from patient to patient, both in severity and combination. A large number of women are misdiagnosed for years, leading to anger, frustration and depression.

The best way to manage the syndrome is a combination of permanent lifestyle changes, daily exercise, and in some cases, medication. These changes will help women avoid

- Type 2 Diabetes
- Heart disease and stroke
- Miscarriage.

While the initial diagnosis may be overwhelming, it's important to remember that three out of four PCOS women will have children.

## Membership

Becoming a member is easy. Just fill out the form in 5 easy steps and **fax to 02 8088 1292** or **post the form with your payment to:**

POSAA  
PO Box 822  
Dapto NSW 2530

### Step 1: Your Contact Details

Name : \_\_\_\_\_

Address : \_\_\_\_\_

City/Suburb : \_\_\_\_\_

State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Telephone: (BH) \_\_\_\_\_ (AH) \_\_\_\_\_

(Mobile) \_\_\_\_\_

Email Address: \_\_\_\_\_

**My POSAA Forums User name is:**

\_\_\_\_\_  
(This information needed to upgrade your online Membership access)

### Step 2: How Did you hear about POSAA?

Internet site \_\_\_\_\_

GP/Fertility clinic/Specialist

Media article \_\_\_\_\_

Friend/relative

Other support group/network

Other \_\_\_\_\_

## Application

### Step 3: Choose a Membership Category

Select the column with your joining date. Please tick the appropriate box for your category. Proof of concession status submitted before the membership can be processed.

#### Individual Membership—New \*

\* Includes a one off \$15 joining fee

Apr-Mar	Oct-Mar
<input type="checkbox"/> \$ 45	<input type="checkbox"/> \$ 30

#### Individual Membership—Renewal

Renewal period is April—March

- \$ 30 POSAA Member Number: \_\_\_\_\_
- \$ 15 POSAA Member Number: \_\_\_\_\_  
(Concession only)

### Step 4: Donation -Donations \$2 & over are tax deductible

- Yes! I would like to donate \_\_\_\_\_ to POSAA.  
I have included this amount in my payment.

### Step 5: Payment

#### Tick to indicate your method of payment:

- Cheque/Money Order  
*Please make payable to Polycystic Ovarian Syndrome Association of Australia Inc.*
- Credit Card \_\_\_ Visa \_\_\_ Mastercard

Name on card: \_\_\_\_\_

(please print)

Card Number: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Expiry: \_\_ / \_\_

Signature: \_\_\_\_\_

- Electronic Transfer  
Account Name: Polycystic Ovarian Syndrome Association of Australia  
BSB: 062 410 Account Number: 1010 6973  
Bank: Commonwealth Bank  
**(Please attach a copy of the online remittance with form)**