

Have PCOS and feel stressed?

Penn State Milton S. Hershey researchers are trying to determine the effect that stress reduction will have on blood pressure, blood sugar, and overall health and well being in women with PCOS. Volunteers are needed for this study.

Who may be eligible?

- Age 18 years or older
- Have eight or fewer menstrual periods each year or have been diagnosed with Polycystic Ovary Syndrome (PCOS)

What is required?

- Attend study sessions once a week for eight weeks.
- Spend twenty-five to thirty minutes, outside of the sessions, reviewing the materials covered in the sessions. Keep a log of these daily activities.
- Undergo questionnaires, blood and urine tests, and a brief physical exam at baseline, eight weeks, and sixteen weeks.

Compensation is provided.

For more information: Barb Scheetz, B.S., at 717-531-4483

Study director:

Nazia Raja-Khan, M.D., *Division of Diabetes, Endocrinology and Metabolism*



Good People. Great Medicine.™
PennStateHershey.org

This research study has been approved by the Institutional Review Board, under federal regulations at Penn State Hershey Medical Center, Penn State College of Medicine.



TAKE ONE

FOR MORE INFORMATION

Barb Scheetz, B.S.

717-531-4483

PENNSTATE HERSHEY
Milton S. Hershey
Medical Center

You removed this ticket from a poster advertising an opportunity to learn more about a WOMENS HEALTH study at Penn State Milton S. Hershey Medical Center