



Living with Polycystic Ovary Syndrome can be challenging. Improving diet, exercise, stress and sleep can help you to better manage your PCOS symptoms. The *Life!* program can support you to make healthy lifestyle changes with these barriers in mind.

Women with PCOS have insulin resistance and are four times more likely to develop type 2 diabetes, and have a two-fold risk of developing heart disease or stroke.

Here are three simple steps to get started:

- 1 Talk to your GP or endocrinologist about having regular diabetes screening every 1-3 years
- 2 Talk to your doctor about your treatment options and lifestyle management
- 3 Join the *Life!* program



Scan the QR code to find out more about the *Life!* program today or call us on 13 RISK (13 74 75)

Learn how to reduce your risk of type 2 diabetes, heart disease and stroke and improve your health with a free healthy living program.

The *Life!* program has been developed specifically to help people reduce their risk of developing type 2 diabetes, heart disease and stroke.

Having helped over 75,000 Victorians over the past 15 years, this program will guide you to set healthy living goals and learn how to achieve them.

The *Life!* program is funded by the Victorian government and managed by Diabetes Victoria.



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Zoe found *Life!* helpful to reach her health goals.



“ *This program is amazing. It really helped me much more than I expected.* ”

Zoe – *Life!* program participant

For more information please call us on 13 RISK (13 74 75) or visit lifeprogram.org.au/pcos-life/

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The *Life!* program is supported by the Victorian Government