

# Hirsutism

## Treatment

- decrease weight and exercise
- underlying disorder must be treated
- waxing or shaving
- Plucking should probably be avoided
- Laser
- Oral antiandrogens
- electrolysis

## Causes

### Adrenal

- Cushing syndrome
- androgen producing tumors
- congenital adrenal hyperplasia

### Ovarian

- androgen producing tumors
- Poly cystic ovarian syndrome
  - serum testosterone
  - LH:FSH 2.5:1
  - sex hormone-binding globulin
  - dehydroepiandrosterone sulphate (DHEA-S)
  - androstenedione
  - Pelvic U/S
  - lipid profile
  - fasting glucose

### Drugs

### Racial / Familial

### idiopathic

## Presentation

### Excess hair

- on beard
- chest
- shoulder-tips
- around the nipples

### male pattern of pubic hair

## Investigations

- done if
  - occurs in childhood;
  - features of virilization
  - sudden or recent onset
  - menstrual irregularity or cessation
- serum testosterone
- LH:FSH 2.5:1
- sex hormone-binding globulin
- dehydroepiandrosterone sulphate
- androstenedione
- 17-alpha hydroxyprogesterone
- prolactin
- Pelvic U/S
- Transvaginal ovarian ultrasound
- lipid profile
- fasting glucose