

New Guideline Released on Hirsutism

Ottawa – October 31, 2017 - The Society of Obstetricians and Gynaecologists of Canada (SOGC) has today released its latest clinical practice guideline, [*Hirsutism: Evaluation and Treatment*](#), published in the *Journal of Obstetrics and Gynaecology of Canada*.

Hirsutism is the growth of excess hair on the female body in areas usually attributed to male hair patterns. It is an endocrine disorder affecting 5% - 10% of women of child-bearing age. Often, the condition can occur for no known reason, however, the condition is also found in women suffering from polycystic ovary syndrome (PCOS). Consuming steroids or certain medications and, more rarely, the presence of androgen-secreting tumour can also be causes.

“Hirsutism can be devastating for a woman’s morale. We are pleased that updated information on this condition has been compiled to help clinicians diagnose and treat the disorder and help patients avoid potential long term discomfort,” said Dr. Jennifer Blake, CEO of the SOGC.

Basic recommendations for patients presenting with symptoms of hirsutism include thorough medical evaluation, laboratory testing, scans and possible referral to an endocrinologist.

The guideline advises that treatment is lengthy and may be continual, although the condition can be managed by a multi-pronged strategy: Existing hair can be removed by whichever physical method is preferred by the patient, new hair growth is inhibited by use of an oral contraceptive, and anti-androgen medication may be prescribed. It could take up to six months for results to appear.

Patient counselling and lifestyle modifications, including weight loss and exercise used in conjunction with medical treatment, are also recommended to help reduce the severity of the condition and improve not only self-esteem but also a woman’s health in general.

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About the Society of Obstetricians and Gynaecologists of Canada

The SOGC is one of Canada’s oldest national specialty organizations. Established in 1944, the Society’s mission is to promote excellence in the practice of obstetrics and gynaecology and to

advance the health of women through leadership, advocacy, collaboration and education. The SOGC represents obstetricians/gynaecologists, family physicians, nurses, midwives and allied health professionals working in the field of sexual reproductive health. For more information visit www.sogc.org.