Hirsutism

Causes

Adrenal
- Cushing syndrome
- Congenital adrenal hyperplasia
- Androgen producing tumors

Ovarian
- Androgen producing tumors
- Poly cystic ovarian syndrome

Investigations

- Serum testosterone
- LH:FSH 2.5:1
- Sex hormone-binding globulin
- Dehydroepiandrosterone sulphate (DHEA-S)
- Androstenedione
- 17-alpha hydroxyprogesterone
- Prolactin
- Pelvic U/S
- Transvaginal ovarian ultrasound
- Lipid profile
- Fasting glucose

Presentation

- Excess hair
  - On beard
  - Chest
  - Shoulder-tips
  - Around the nipples
- Male pattern of pubic hair

Drugs

- Racial / Familial
- Idiopathic

Treatment

- Decrease weight and exercise
- Underlying disorder must be treated
- Waxing or shaving
- Plucking should probably be avoided
- Laser
- Oral antiandrogens
- Electrolysis

Effects

- Occurs in childhood
- Features of virilization
- Sudden or recent onset
- Menstrual irregularity or cessation

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