



FIGURE 68-1 Hirsutism scoring scale of Ferriman and Gallwey. The nine body areas that have androgen-sensitive areas are graded from 0 (no terminal hair) to 4 (frankly virile) to obtain a total score. A normal hirsutism score is <8 . (Modified from DA Ehrmann et al: *Hyperandrogenism, hirsutism, and polycystic ovary syndrome*, in LJ DeGroot and JL Jameson [eds], *Endocrinology*, 5th ed. Philadelphia, Saunders, 2006; with permission.)

of 21-hydroxylase can be reliably excluded by determining a morning 17-hydroxyprogesterone level <6 nmol/L (<2 $\mu\text{g/L}$) (drawn in the follicular phase). Alternatively, 21-hydroxylase deficiency can be diagnosed by measurement of 17-hydroxyprogesterone 1 h after the administration of 250 μg of synthetic ACTH (cosyntropin) intravenously.

TREATMENT HIRSUTISM

Treatment of hirsutism may be accomplished pharmacologically or by mechanical means of hair removal. Nonpharmacologic treatments should be considered in all patients either as the only treatment or as an adjunct to drug therapy.