

Polycystic Ovary Syndrome(PCOS)

Is the leading cause of anovulation (absence of ovulation during monthly cycle) and is a major factor in female infertility.

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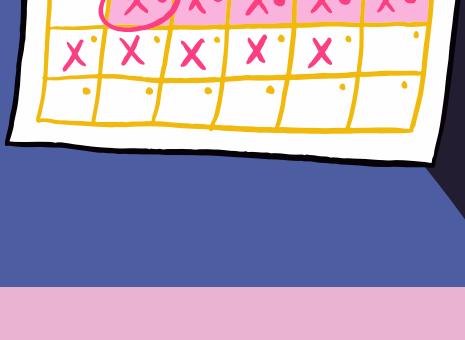
What is PCOS?

Polycystic Ovary Syndrome (PCOS) is a hormonal condition in women of reproductive age that can cause hormonal imbalances, irregular or missed periods, excess androgen levels (ie. testosterone), and the development of cysts on the ovaries.



Statistics (taken from WHO)

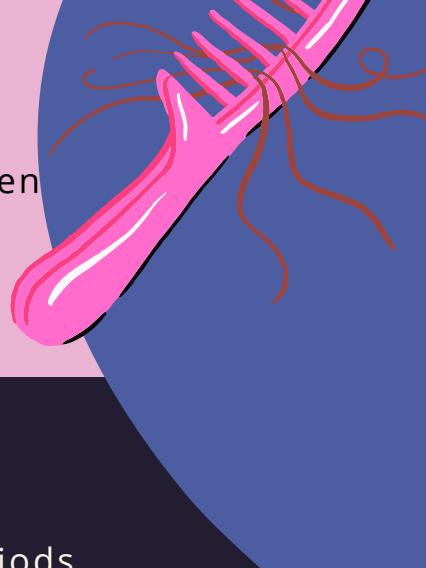
- Affects an estimated 8-13% of reproductive aged women
- Up to 70% of women remain undiagnosed worldwide
- PCOS runs in families
- There are ethnic variations in how PCOS expresses itself and how it affects people



How is PCOS diagnosed?

Diagnosed by the presence of at least 2 of the following:

- signs and symptoms of excess androgens (irregular hair growth, baldness, acne/oily prone skin) - after other causes have been excluded
- irregular or absent periods - after other causes have been excluded
- Ultrasound confirms ovarian cysts



Symptoms of PCOS

- Irregular, heavy, or missed periods
- Lack of ovulation/infertility
- Excessive hair growth on face or chin
- Weight gain
- Thinning hair or baldness
- Skin changes (acne, oily)



Management of PCOS

There is no cure for PCOS however, there are many ways we can treat it. Diet and lifestyle play a large role in the management of PCOS. Supplements, exercising/losing weight, managing blood sugar, reducing stress and anxiety, and increasing intake of anti-inflammatory foods can all support the reduction of PCOS symptoms.



Information Taken From:

[World Health Organization: PCOS](http://www.who.int/mediacentre/factsheets/fs311/en/)