

PCOS

WHAT EVERY WOMAN SHOULD
KNOW ABOUT PCOS

An Overview of Polycystic Ovarian
Syndrome (PCOS):
Symptoms, Causes, and Treatments



INTRODUCTION

PCOS is a common hormonal disorder that affects females with ovaries, typically during their reproductive years.

It is characterized by the presence of multiple small cysts on the ovaries, irregular menstrual cycles, and an excess of male hormones (androgens).

Symptoms

SYMPTOMS OF PCOS INCLUDE:

- **Polycystic Ovaries:** Enlarged ovaries with small cysts may be detected through ultrasound.
- **Insulin Resistance:** This can result in weight gain, particularly around the abdomen, and an increased risk of Type 2 diabetes.
- **Fertility Issues:** Difficulty getting pregnant due to irregular ovulation or lack of ovulation.
- **Fatigue:** Persistent tiredness or low energy levels.
- **Mood Changes:** Some individuals may experience mood swings, anxiety, or depression.
- **Pelvic Pain:** Discomfort or pain in the pelvic region.



Symptoms Cont'd

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Causes

COMMON CAUSES INCLUDE:

The exact cause of PCOS is not fully understood, but some potential causes and risk factors include:

- **Genetics:** There is a familial tendency for PCOS, suggesting a genetic component.
- **Insulin Resistance:** Insulin resistance, where the body's cells don't respond effectively to insulin, can lead to elevated insulin levels and contribute to PCOS.



Causes Cont'd

COMMON CAUSES INCLUDE:

- **Hormonal Imbalances:** Elevated levels of androgens (male hormones) and imbalances in other hormones, such as insulin and luteinizing hormone (LH), are associated with PCOS.
- **Inflammation:** Chronic and low-grade inflammation may play a role in the development of PCOS.
- **Lifestyle Factors:** Poor diet, lack of physical activity, and obesity can contribute to insulin resistance and exacerbate PCOS symptoms.



Treatments

TREATMENT OPTIONS INCLUDE:

- **Lifestyle Modifications:** Adopting a healthy diet, regular exercise, and weight management can help improve insulin sensitivity and regulate hormone levels.
- **Medications:** Such as anti-androgen medications to address symptoms like acne and excess hair growth.
- **Birth Control Pills:** Regulate menstrual cycles and control androgen levels.
- **Fertility Treatments:** For individuals trying to conceive, ovulation-inducing medications or assisted reproductive technologies (ART) may be recommended.



Treatments Cont'd

TREATMENT OPTIONS INCLUDE:

- **Endometrial Protection:** Progestin therapy to protect the uterine lining in women not using birth control pills.
- **Surgery:** In some cases, ovarian drilling or ovarian wedge resection may be considered.



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