

PCOS

Polycystic ovary syndrome (PCOS) is a metabolic condition related to a hormonal imbalance, that can cause symptoms of weight gain, excess hair growth, problems with periods and can impact infertility.

PCOS is common. It is thought that around 1 in 10 women have PCOS.

PCOS Symptoms

Period problems : Occur in about 7 in 10 women with PCOS. You may have irregular or light periods, or no periods at all.

Fertility problems : Some women with PCOS do not ovulate at all. PCOS is one of the most common causes of not being able to get pregnant (infertility).

Excess hair growth (hirsutism) : occurs in more than half of women with PCOS. It is mainly on the face, lower tummy (abdomen) and chest. In other words, it tends to be male-pattern hair. This does not happen to all women with PCOS.

Acne may persist beyond the normal teenage years.

Weight gain – women with PCOS are more at risk of becoming overweight or having obesity.

RISKS ASSOCIATED with PCOS :

If you have PCOS, over time you have an increased risk of:

Developing type 2 diabetes.

Developing diabetes in pregnancy.

A high cholesterol level.

High blood pressure.

PCOS Treatment :

Losing weight and exercise

Losing weight helps to reduce high insulin levels, that occurs in PCOS, improving the chance of ovulating. Periods will then be more likely to be regular and fertility will improve. Hair growth and acne may also resolve or improve and the increased risks of long-term problems such as diabetes, high blood pressure, etc, are reduced.

Exercise has also been shown to help with PCOS, probably by increasing sensitivity to insulin. Even a moderate amount of weight loss can help – losing 10% of body weight has a significant chance of ovulation and fertility.

Which foods to eat in PCOS ?

The best foods for someone with PCOS to eat are likely to be those which are slowly absorbed keeping blood sugar levels steady. These are said to have a low glycemic index (low GI). Most fruit, vegetables, pulses and wholegrain foods are both healthy and have a low GI.

Treating hair growth

Hair growth is due to the increased level of the hormone testosterone. Unwanted hair can be removed by cosmetic measures. In such cases, Hormonal pills work very well to restore hormonal balance.

Treatment of irregular periods and infertility:

Hormonal pills help in resuming normal cycles and various modalities are available to help infertile PCOS female.