

That adds up to 10 pounds of weight loss for a 200-pound woman.

7. What if I want to get pregnant?

Don't lose hope. Most women with PCOS are able to get pregnant, but it can take a while. If you are overweight, losing weight can help make your periods regular and improve your chances of getting pregnant. If you lose weight but your periods are still irregular, your doctor can give you medicines to help you ovulate and improve your chances of getting pregnant.

8. What will my life be like?

Women with PCOS are able to live normal lives. But it is important to see a doctor. Treatments will help your symptoms and protect you from other diseases.



NOTES

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PCOS प्रबोधन

POLYCYSTIC OVARIAN SYNDROME

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POLYCYSTIC OVARY SYNDROME (PCOD)

1. What is polycystic ovary syndrome?

Polycystic ovary syndrome is a condition that can cause women to have irregular periods, get acne (oily skin and pimples), grow extra facial hair, or lose hair from their head. The condition can also make it hard to get pregnant. People sometimes call polycystic ovary syndrome "PCOS." It is very common - about 5 to 8 percent of all women have PCOS. Most women with PCOS are overweight or obese.

2. What causes PCOS?

In women with PCOS, the ovaries do not work normally and produce too much testosterone. Testosterone is called a "male hormone," but women have it too. Normally the ovaries produce very small amounts, but in PCOS, they make more.

About once a month, a woman's ovaries are supposed to make a structure called a "follicle". As the follicle grows, it makes hormones. Then, it releases an egg. This is called "ovulation." But in women with PCOS,

the ovary makes many small follicles instead of one big one. Hormone levels can get out of balance. And ovulation doesn't happen every month the way it is supposed to.

3. What are the symptoms of PCOS?

Women with the condition might:

- ▶ Have fewer than 8 periods a year
- ▶ Grow thick, dark hair in places where only men tend to grow hair, such as on the upper lip, chin, sideburn area, chest, and belly
- ▶ Gain weight and become obese
- ▶ Have acne (oily skin and pimples on their face)
- ▶ Lose hair from their head like men does
- ▶ Have trouble getting pregnant without medical help

4. Should I see a doctor, even if my symptoms are mild?

Yes. Women with PCOS are more likely to have other health problems, too. These include:

- ▶ Diabetes (high blood sugar)
- ▶ High cholesterol levels
- ▶ Sleep apnea, a sleep disorder that

causes people to briefly stop breathing while they sleep. The risk of heart disease might also be higher in women with PCOS, but more research is needed for doctors to be sure.

5. Are there tests I should have?

Your doctor will decide which tests you should have based on your age, symptoms, and individual situation. Possible tests include:

- ▶ Blood tests to measure levels of hormones, blood sugar, and cholesterol
- ▶ A pregnancy test if you have missed any periods
- ▶ Pelvic ultrasound - This test uses sound waves to make a picture of your uterus and ovaries. Doctors sometimes use this test to help figure out if you have polycystic ovaries.

6. Is there anything I can do on my own to treat the condition?

Yes. If you are overweight or obese, losing weight can improve many of your symptoms. Losing just 5 percent of your body weight can help a lot.