

POLYCYSTIC OVARY SYNDROME (PCOS)

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01

ABOUT THE DISEASE

ABOUT THE DISEASE

Polycystic ovary syndrome (PCOS) is a problem with hormone defined by a group of signs and symptoms.

PCOS affects 7–10% of women of childbearing age and is the most common cause of infertility.

In the United States, an estimated 5 to 6 million women have PCOS.

PCOS is the most common hormonal disorder among women of reproductive age, but many women don't know they have it.



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In PCOS, many small, fluid-filled sacs grow inside the ovaries. The word “polycystic” means “many cysts.”

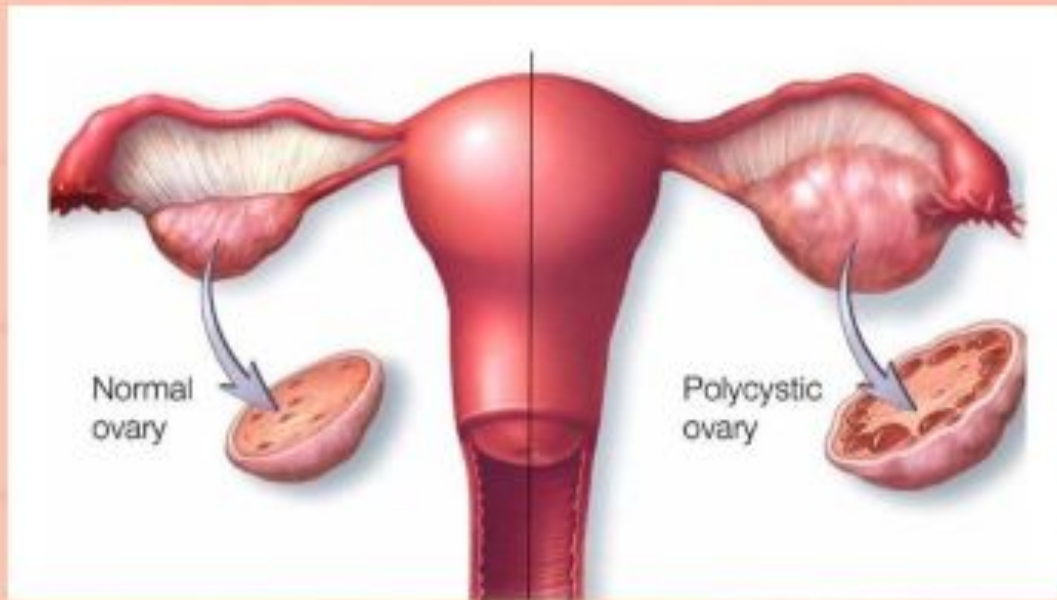
These sacs are actually follicles, each one containing an immature egg. The eggs never mature enough to trigger ovulation.

The lack of ovulation alters levels of estrogen, progesterone, FSH, and LH. Progesterone levels are lower than usual, while androgen levels are higher than usual.

Extra male hormones disrupt the menstrual cycle, so women with PCOS get fewer periods than usual.

PCOS isn't a new condition. Italian physician Antonio Vallisneri first described its symptoms in 1721.

PCOS



WHAT IS THE CAUSE?

Doctors don't know exactly what causes PCOS. They believe that high levels of male hormones prevent the ovaries from producing hormones and making eggs normally.

Genes, insulin resistance, obesity and inflammation have all been linked to excess androgen production.





02

SIGNS AND SYMPTOMS

Effect of PCOS on your
body.

SIGNS AND SYMPTOMS

Some women start seeing symptoms around the time of their first period. Others discover it after gaining a lot of weight or after they noticed they have trouble getting pregnant.

Most common PCOS symptoms are:

- Irregular periods: a lack of ovulation prevents the uterine lining from shedding every month. Some women with PCOS get fewer than eight periods a year or none at all.
- Heavy bleeding: The uterine lining builds up for long time so bleeding becomes heavier than normal.

CONT..

- Hair growth: more than 70% of women with PCOS grow hair on different areas such as back, belly, chest and face this excess hair growth is called (Hirsutism).
- Acne: Male hormones can make the skin produce more oil which leads to breakouts.
- Weight gain: up to 80% of PCOS women are overweight.
- Male pattern baldness: hair on the scalp gets thinner and may fall out.
- Darkening of the skin.
- Headaches due to hormonal changes.

How PCOS effect your body?

Having higher than normal androgen level can effect many aspects of your health such as:

- Infertility: because women with PCOS does not release as many eggs to be fertilized (they don't ovulate like normal women).
- Sleep apnea: common in women who are overweight especially if they have PCOS.
- Endometrial cancer: the lining of uterine will build up if you don't ovulate every month and this build up leads to cancer.
- Depression due to hormonal changes.

CONT..

➤ Metabolic syndrome: up to 80% of women with PCOS are overweight which increase the risk for:

- High blood sugar
- High BP
- High HDL
- Low LDL

These factors all together are called MS and they increase the risk for:

- Heart disease
- Diabetes
- stroke



03

TYPES OF PCOS

What are the 4 types of
PCOS?

THE 4 TYPES OF PCOS

Type of PCOS



- ✔ Insulin-Resistant PCOS
- ✔ Post-Pill PCOS
- ✔ Inflammatory PCOS
- ✔ Adrenal PCOS



PCOS TYPES

1. Insulin-resistant PCOS

This is one of the most common types of PCOS and occurs because of high insulin levels in the body. It can also be caused because of metabolic syndrome. When the cells of muscles and the body stop responding to insulin, the body triggers insulin resistance. The signs and symptoms of increased androgen levels can also lead to brain fog, feeling thirsty or gaining weight.

2. Inflammatory PCOS

Inflammatory PCOS may result from inflammation which will further prevent ovulation, and this will eventually cause an imbalance of hormones, thereby increasing androgens in the body.

Some common symptoms of inflammatory PCOS include frequent headaches, infection, and skin allergy.

If you have inflammatory PCOS, you must consume magnesium supplements.

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3. Post-pill PCOS

Many women who stop oral contraceptive pills consumption will be prone to post-pill PCOS. Some common post-pill PCOS symptoms include excessive hair growth, irregular periods and acne.

When you stop taking these pills, the ovaries will produce excessive androgen formation.

4. Adrenal PCOS

Adrenal PCOS is also a type of PCOS with no insulin resistance, and it is also not caused due to inflammation. The driving force of adrenal PCOS is how our body responds to stress.



04

DIAGNOSIS

How do we diagnose and
what to do after being
diagnosed?

HOW DO WE DIAGNOSE?

The doctor might do test to detect the androgens, including testosterone, which tends to be higher in women with PCOS. He or she may also test your insulin levels, which are usually elevated in women with the condition of PCOS.

The doctor may also measure levels of the hormones involved in ovulation, such as luteinizing hormone (LH), follicle-stimulating hormone (FSH), and progesterone. These tests can indicate whether you are ovulating.

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Your doctor may also test your blood to rule out conditions that mimic PCOS, as well as tumors of the ovaries or adrenal glands. He or she may also check your blood for signs of hypothyroidism, in which the thyroid gland doesn't produce enough thyroid hormone, leading to fatigue and possibly depression. A blood test can also reveal whether you have high cholesterol and high blood sugar.

Pelvic Ultrasound

Your doctor may recommend a pelvic ultrasound—a test that uses sound waves to create images of the uterus and the ovaries on a computer monitor—to look for ovarian cysts. However, this test might not show ovarian cysts in women with PCOS who are taking birth control pills.

TO DO AND NOT TO DO

Just Been Diagnosed With PCOS...

Things I Wish I Didn't Focus On...	Things I Wish I Focused On...
Cutting Carbs	Finding out the root cause of my PCOS and symptoms
Weight Loss	Paying attention and listening to my body
Trying all 'best diets' for PCOS	Nourishing my body
What other people were doing	My own journey and what I can be doing to help myself
	Self-care and Self-love



05

**TREATMENT
AND
PREVENTION**

HOW IS PCOS TREATED?

Treatment for PCOS depends on a number of factors. These may include your age, how severe your symptoms are, and your overall health. The type of treatment may also depend on whether you want to become pregnant in the future.

If you do plan to become pregnant, your treatment may include:

A change in diet and activity. A healthy diet and more physical activity can help you lose weight and reduce your symptoms. They can also help your body use insulin more efficiently, lower blood glucose levels, and may help you ovulate.

Medications to cause ovulation. Medications can help the ovaries to release eggs normally. These medications also have certain risks. They can increase the chance for a multiple birth (twins or more). And they can cause ovarian hyperstimulation. This is when the ovaries release too many hormones. It can cause symptoms such as abdominal bloating and pelvic pain.

If you do not plan to become pregnant, your treatment may include:

CONT..

Birth control pills. These help to control menstrual cycles, lower androgen levels, and reduce acne.

Diabetes medication. This is often used to lower insulin resistance in PCOS. It may also help reduce androgen levels, slow hair growth, and help you ovulate more regularly.

Medications to treat other symptoms: Some medications can help reduce hair growth or acne.

TREATMENT PLAN

THE
AMINO
CURE



Treatments For Polycystic Ovary Syndrome



PCOS affects 1 in 10 women of childbearing age.

Signs of PCOS include:

Irregular periods (infrequent, prolonged or heavy)



Excess facial and body hair



Unexplained hair loss



Severe acne



Infertility



Diabetes symptoms (impaired vision, extreme thirst or hunger, unexplained weight loss)



PCOS Medications to Regulate Menstrual Periods



Combination progesterone and estrogen birth control pills
Progestin therapy

PCOS Medications for Ovulation



Clomiphene (Clomid)
Letrozole (Femera)
Gonadotropins
Metformin (Glucophage, Fortamet, etc.)

PCOS Medications for Hair Growth



Anti-androgen birth control pills
Spironolactone (Aldactone)
Eflornithine (Vaniqa)
Laser hair removal and electrolysis

PCOS Dietary and Lifestyle Adjustments



Weight loss:
- Follow a low-carb diet
- Exercise for at least 30 minutes 3 times a week

Supplement with essential amino acids



PREVENTION

There's no proven way to prevent PCOS, but you can take small steps to reduce your symptoms. For example, eating nutritious foods, exercising regularly and managing a healthy weight for your body can help you avoid the effects of PCOS

“One of the most important lessons we learn from PCOS is that we as women need to foster a healthy relationship with our bodies and learn how to listen to the signals our bodies give us when we are out of balance”

—Maria Chow



**THANK YOU
FOR
LISTINING**