

SUNDAY MORNING

HEALTH CORNER

September is Polycystic Ovarian Syndrome Month

Polycystic Ovarian Syndrome (PCOS) is a hormonal disorder common among women of reproductive age. This disorder affects 1 in 10 women and is one of the most common causes of infertility in women.

Symptoms:

Signs and symptoms of Polycystic Ovarian Syndrome develops around puberty, and can continue to develop over time.

- Polycystic ovaries are a common sign of PCOS because ovaries can become enlarged and result in pain and discomfort. Ovaries might fail to function regularly if symptom worsens.
- Excess androgen is another symptom in which there are elevated levels of male hormones in the female body.

Complications Include:

- Type 2 Diabetes or prediabetes
- Sleep Apnea
- Depression, anxiety, and eating disorders
- Metabolic Syndrome
- Abnormal Uterine Cancer

Be Proactive

- **Maintain a healthy weight.** Weight loss can reduce insulin and androgen levels and may restore ovulation.
- **Limit carbohydrates.** Choose complex carbohydrates, which raise your blood sugar levels more slowly, and can help reduce insulin levels.
- **Be active.** Exercise helps lower blood sugar levels and can treat or even prevent insulin resistance.



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