

SUNDAY MORNING Health Corner

Polycystic Ovary Syndrome Awareness

Polycystic Ovarian Syndrome (PCOS) is a hormonal disorder caused by an imbalance of reproductive hormones, causing immature follicles to surround the ovary. **PCOS affects 1 in 10 women** worldwide and can lead to infertility. Unfortunately, it is so undiagnosed and undertreated, particularly in women of color. Underdiagnosis can be attributed to factors such as limited access to health care and other social determinants of health.

PCOS Symptoms Include:

- Weight gain or difficulty losing weight
- Skin darkening in the creases of the body
- Increased acne, especially on the face and back
- Skin tags
- Thinning hair
- Mood issues

Treatment

Treating PCOS requires the management of individual issues such as infertility, hirsutism, acne, or obesity. Specific treatment might involve lifestyle changes or medication.

Lifestyle changes and dietary supplements may aid in easing symptoms, but there's no one-size-fits-all approach to treatment.

Consult your doctor and talk about your goals so you can come up with a treatment plan.



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