

SUNDAY MORNING Health Corner

Increasing Polycystic Ovarian Syndrome (PCOS) Awareness

Polycystic ovary syndrome (PCOS) is a common hormonal condition in women and the main cause of female infertility.¹

Less than 25% of women with PCOS receive a diagnosis, making it one of the most underdiagnosed disorders in the world. PCOS affects 5% to 10% of women of childbearing age, according to WomensHealth.gov.

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 physician and discuss your signs and symptoms in order to develop a treatment plan.



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¹ Female infertility - Symptoms and causes. (2021, August 27). Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/female-infertility/symptoms-causes/syc-20354308#>