Polycystic Ovary Syndrome

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What is PCOS?

Polycystic Ovary Syndrome is a health condition that affects women, caused by hormonal imbalance; This is when the androgen levels in the body are high, in simple words, it is the presence of male sex hormones that are present in the female body. Derived through the name, numerous small cysts (fluid-filled sacs) form in the ovaries.
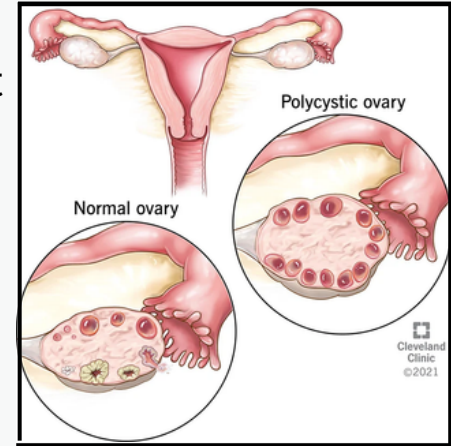
Nutrition in PCOS

Women with PCOS tend to have higher Insulin levels, a hormone secreted by the pancreas, it helps the cells in the body convert glucose into energy. The lack of insulin causes the blood sugar levels to rise, thus causing a phenomenon known as "Insulin Resistance". It is caused by having higher body mass.

- A diet filled with refined carbohydrates such as Starchy and Sugary Foods.
- It is advised to add vegetable high fibre like broccoli and lean protein such as chicken breast and fish rich in omega-3-fatty acids.
- Foods that reduce inflammation help in PCOS, food such as tomatoes, kale, spinach, blueberries and strawberries.
- A PCOS diet should consist of 40% calories from protein and 30% from fat.
- Consuming plenty of "Healthy Fats" keeps you feeling full, thus aiding weight-loss and preventing binge eating.

Symptoms of PCOS

- Irregular Periods or Light Periods
- Weight Gain (abdomen region)
- Excess Acne or Oily Skin
- Infertility
- Hyperpigmentation
- Inflamed Ovaries with cysts
- Hirsutism (Excess Body Hair)

Diagnosis and Treatment

- **Ultrasound:** This test is used to examine the size of the ovaries and see if they have cysts.

- **Blood Tests:** Testing for High Androgen Levels and other hormone imbalances. Due to hair loss, iron levels should be monitored.

- Treating PCOS involves weight reduction, and complete lifestyle change. Ensuring complete nutrition, adequate sleep and most important is less stress levels. It is advised that women with PCOS practice meditation or other techniques to unwind and reduce stress.

References

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