

ROTARY CLUB OF CHIKHLI RIVER FRONT

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HEALTH



Polycystic Ovary Syndrome (PCOS) SPECIAL ISSUE

OUR SINCERE THANKS TO ALIPORE HOSPITAL

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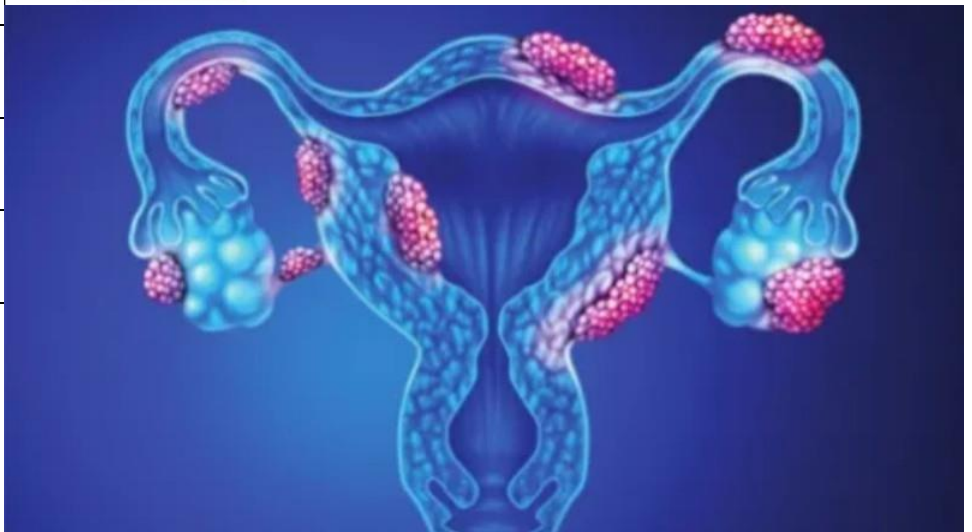
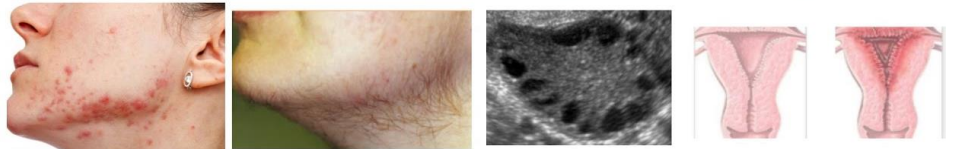
EDITORS:
RTN HASSAN MAYET
& RTN SWETAL DESAI



RCCRF



Polycystic Ovary Syndrome (PCOS)



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FRONT

MESSAGE FROM EDITORS

Rotary Greetings!!!

September is the National Polycystic Ovary Syndrome Month!

We felt that it is our duty to keep everyone informed about PCOS.

Polycystic Ovary Syndrome (PCOS) Awareness Month is celebrated in the month of September. The month's purpose is to raise awareness and educate people about PCOS.



SEPTEMBER
POLYCYSTIC
OVARY
SYNDROME
AWARENESS MONTH



"Voice of Strength, Agents of Change" is the 2024 PCOS Awareness Month theme.



Polycystic ovary syndrome is a condition where you have few, unusual or very long periods. It often results in having too much of a male hormone called androgen. Many small sacs of fluid develop on the ovaries. They may fail to regularly release eggs.

Our main motive to issue the booklet is to bring about awareness amongst ourselves and to make ourselves ready to help others during such situation which can provide proper understanding towards this ailment.

Yours sincerely

Rtn Hassan Mayet Rtn Swetal Desai




**PLEASE NOTE: This booklet is for informational purposes only.
For medical advice or diagnosis, consult a professional.**



WHAT IS PCOS?

Polycystic ovary syndrome (PCOS) is a hormonal condition that affects women of reproductive age and can cause a number of symptoms, including:

- Irregular or missed periods
- Infertility
- Pelvic pain
- Excess hair growth on the face, chest, stomach, or thighs
- Weight gain
- Acne or oily skin
- Patches of thickened skin



What is PCOS?

Polycystic Ovary Syndrome (PCOS) is a common hormonal disorder that affects women of reproductive age, impacting menstrual cycles, fertility, and overall health.

PCOS is a chronic condition that can't be cured, but some symptoms can be improved with lifestyle changes, medications, and fertility treatments.

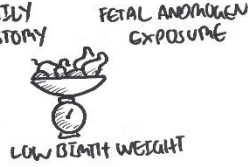
POLYCYSTIC OVARIAN SYNDROME

- PRESENCE OF CYSTS IN THE OVARIES
- IS ASSOCIATED WITH IRREGULAR MENSTRUAL CYCLE, HYPERANDROGENISM AND OBESITY/INSULIN RESISTANCE

RISK FACTORS



FAMILY HISTORY

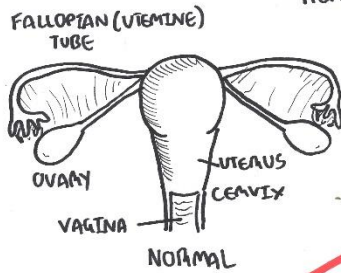


LOW BIRTH WEIGHT

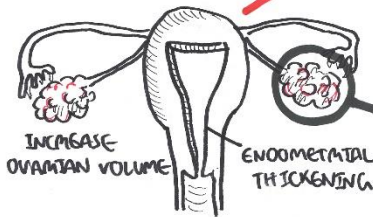


PREMATURE ADRENARCHÉ (50%)
OBESITY

SIGNS AND SYMPTOMS



NORMAL



PCOS



ACNE
HIRSUTISM
HYPERTENSION
OBESITY

OLIGOMENORRHEA
AMENORRHEA
INFERTILITY

POLYCYSTIC OVARY

INVESTIGATIONS



PELVIC ULTRASOUND

SEBUM ANDROGEN
SERUM TSH



ORAL GLUCOSE TOLERANCE TEST

MANAGEMENT

WEIGHT LOSS



CLOMIPHENE
(IF DESIRING FERTILITY)

ORAL CONTRACEPTIVES
(NOT DESIRING CURRENT FERTILITY)

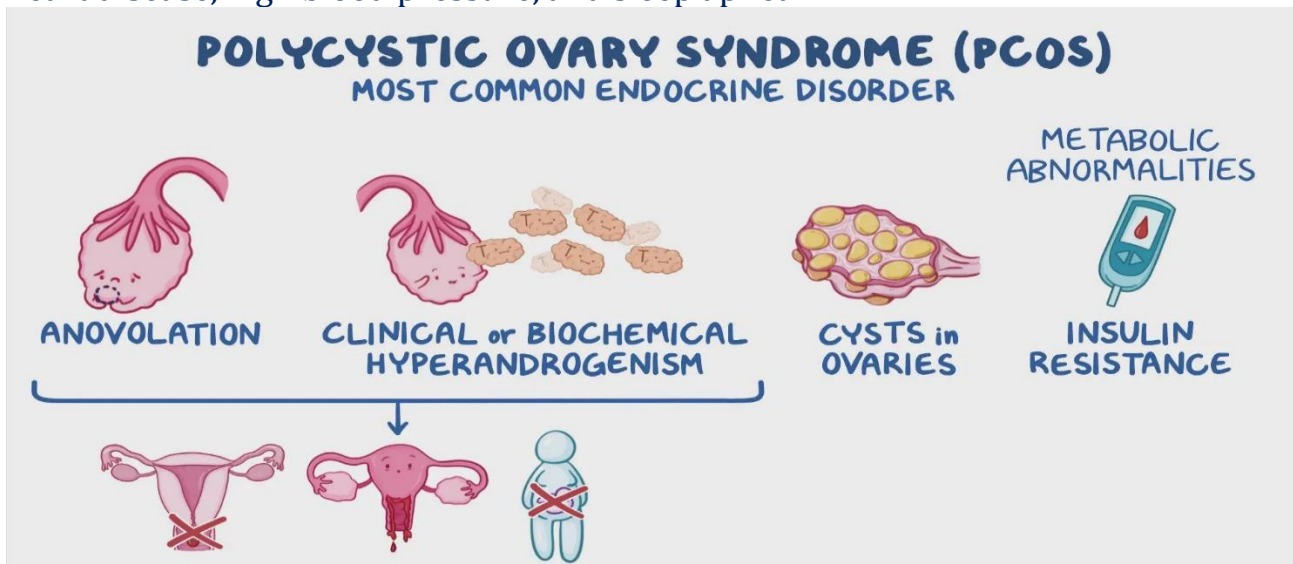


Armando H. Faigl

Some things you can try include:

- Maintaining a healthy weight: Weight loss can help lower insulin and androgen levels, and may restore ovulation.
- Eating a nutritious diet: A healthy diet can help improve insulin levels.
- Being active: Exercise can help lower blood sugar levels and may treat or prevent insulin resistance.
- Taking hormonal birth control: Hormonal birth control can help regulate your menstrual cycle and improve acne and excess hair growth.
- Taking insulin-sensitizing medicine: Metformin is a drug that can help your body process insulin.
- Taking medications to block androgens: Some medications can help control acne or hair growth.

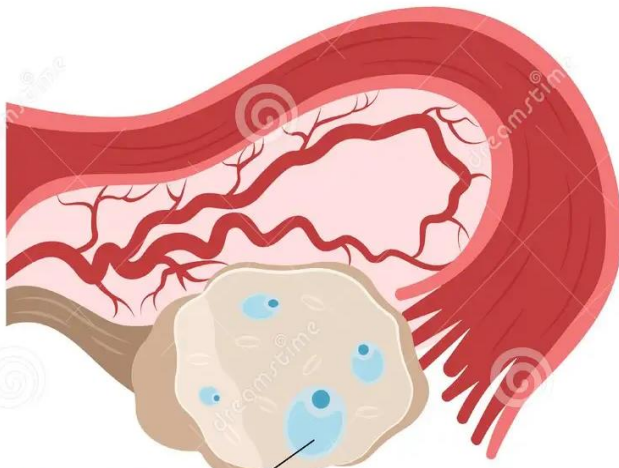
PCOS can also increase the risk of serious health problems, such as type 2 diabetes, heart disease, high blood pressure, and sleep apnea.





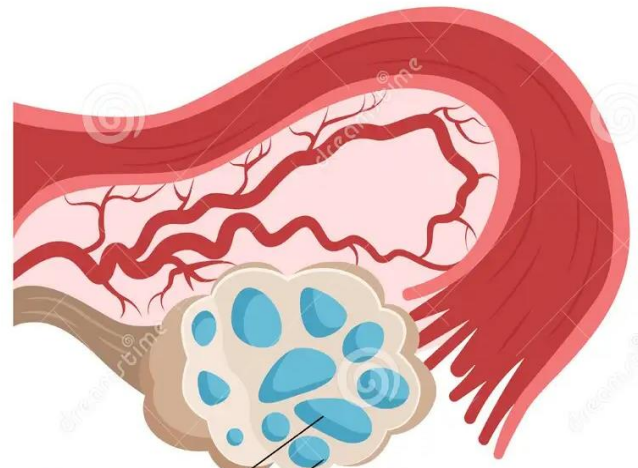
While There is No Known Cure for PCOS, Raising Awareness Encourages Future Research and Better Treatments. ALBANY N.Y. (September 09, 2024) – The New York State Department of Health recognizes September as Polycystic Ovary Syndrome (PCOS) Awareness Month.

Polycystic Ovary Syndrome



Developing Egg

Normal Ovary



Polycystic Ovary

Ovarian Cysts



Symptoms

- Many women with PCOS don't realize that it's the cause of their infertility, weight gain, and other concerns.
- Diagnosis
- 70% of women with PCOS are undiagnosed.
- Treatment
- Early diagnosis and treatment, along with weight loss, may lower the risk of long-term complications. Prescription birth control pills can help women with PCOS get back to a regular menstrual cycle.
- Cause
- The exact cause of PCOS is unknown, but genetics and obesity may play a role.
- Awareness
- One way to show support for PCOS Awareness Month is to paint one nail purple. This can be a fun and easy way to spark conversations with friends, family, and colleagues.
- When this happens, your uterine lining builds up but doesn't shed properly, leading to light or missed periods with brown blood or discharge in between.

OTHER SYMPTOMS & RISKS OF PCOS INCLUDE



Infertility/
Lack of
Ovulation



Acne



Irregular
Periods



Higher Risk
for Diabetes
and Weight
Gain



Rotary

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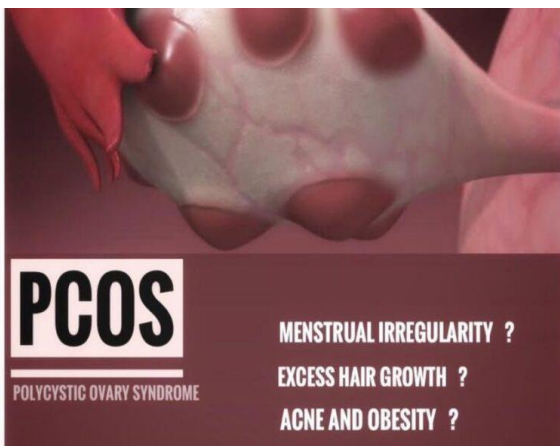


What Causes PCOS?

There's no one, single cause of PCOS, though there does seem to be a genetic component. About a quarter of women who have PCOS have mothers with the condition.

There's also preliminary evidence that exposure to endocrine disrupting chemicals found in the environment and products like pans with non-stick coatings, such as BPA and PFAS may raise your risk of developing PCOS. Researchers are still working to understand the interaction between genetics, environment, and lifestyle that may lead to PCOS.

Can You Cure PCOS?




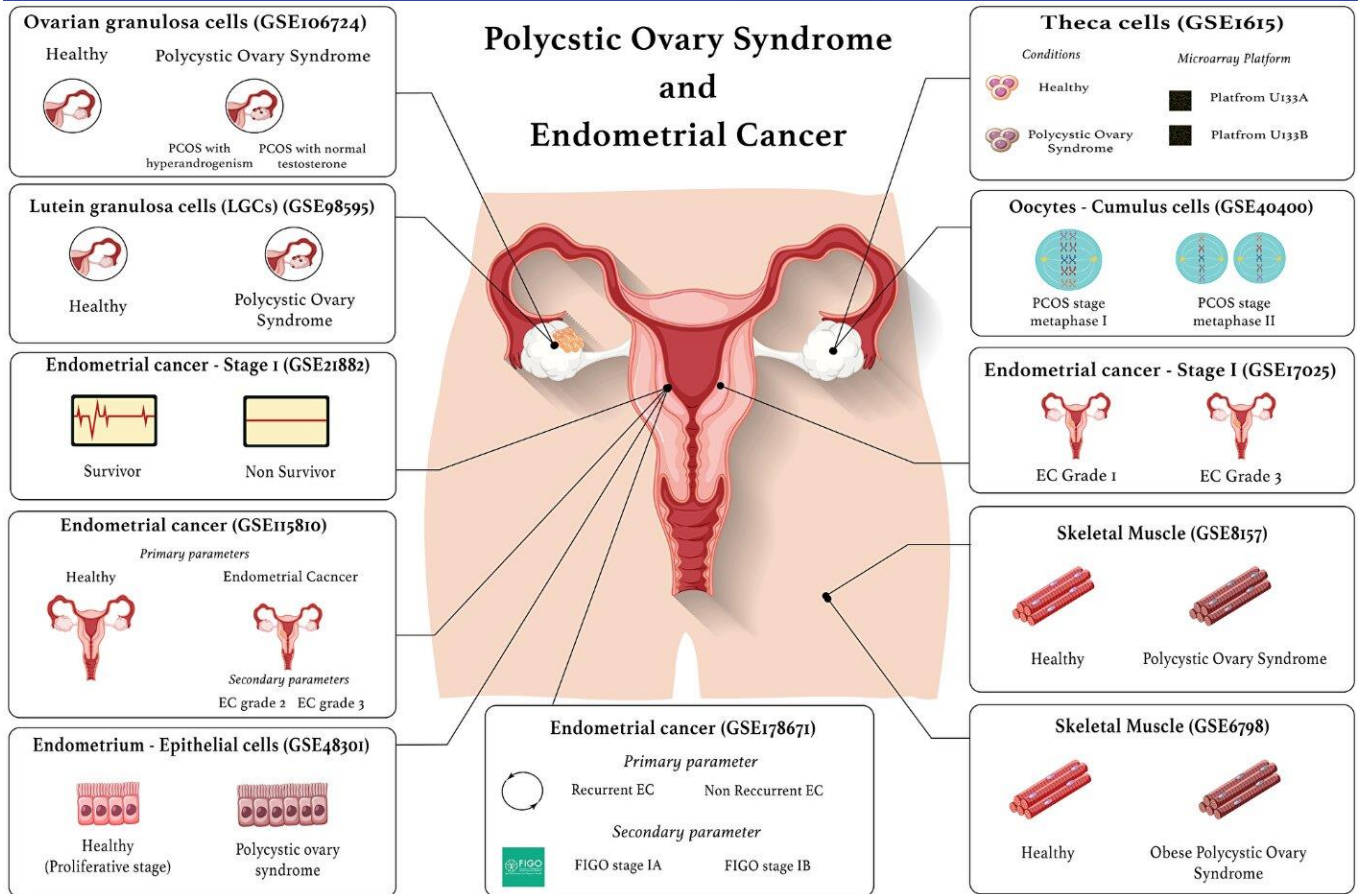
PCOS has not yet been cured, and it won't necessarily go away completely, but you can treat it, with or without medication. Doing so can lower both your androgen and insulin levels and reduce your risk of developing complications, such as diabetes. If you're trying to get pregnant, treatment can help you ovulate more regularly, enhancing the chances you'll be able to get pregnant.

More recently, Behera et al suggested changing the name of PCOS to "estrogenic ovulatory dysfunction" or "functional female hyperandrogenism"

There are four types of PCOS:

- Insulin-resistant PCOS,
- Inflammatory PCOS,
- Hidden-cause PCOS,
- Pill-induced PCOS.

Understanding POLYCYSTIC OVARY SYNDROME (PCOS)

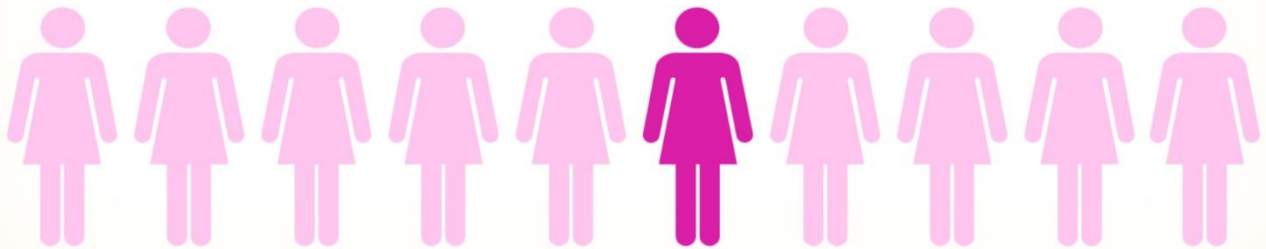
Five Ways to Support Someone With PCOS

1. Practice Patience. Conditions like PCOS can have a huge impact on energy levels, so whilst you may be up and ready at the crack of dawn, your partner may need some more time. ...
2. Make Healthy Changes with Them. ...
3. Read Up on the Condition. ...
4. Create a 'No Shame' Environment.

Polycystic Ovarian Syndrome (PCOS)

It is a common endocrine system disorder, whereby a woman's levels of sex hormones go out of balance resulting in enlarged ovaries with small collections of fluid called follicles.

PCOS Affects 1-in-10 Women



What does a PCOS belly look like?

It's usually large and bloated but can also be small and round, depending on genes and other factors. It involves visceral fat accumulation in the lower abdomen and typically feels hard to touch. A PCOS belly is also characterized by a high waist-to-hip ratio of >0.87 (apple body shape).

Is PCOS a serious problem?

Women with PCOS are more likely to develop certain serious health problems. These include type 2 diabetes, high blood pressure, problems with the heart and blood vessels, and uterine cancer. Women with PCOS often have problems with their ability to get pregnant (fertility).

Is PCOS painful?

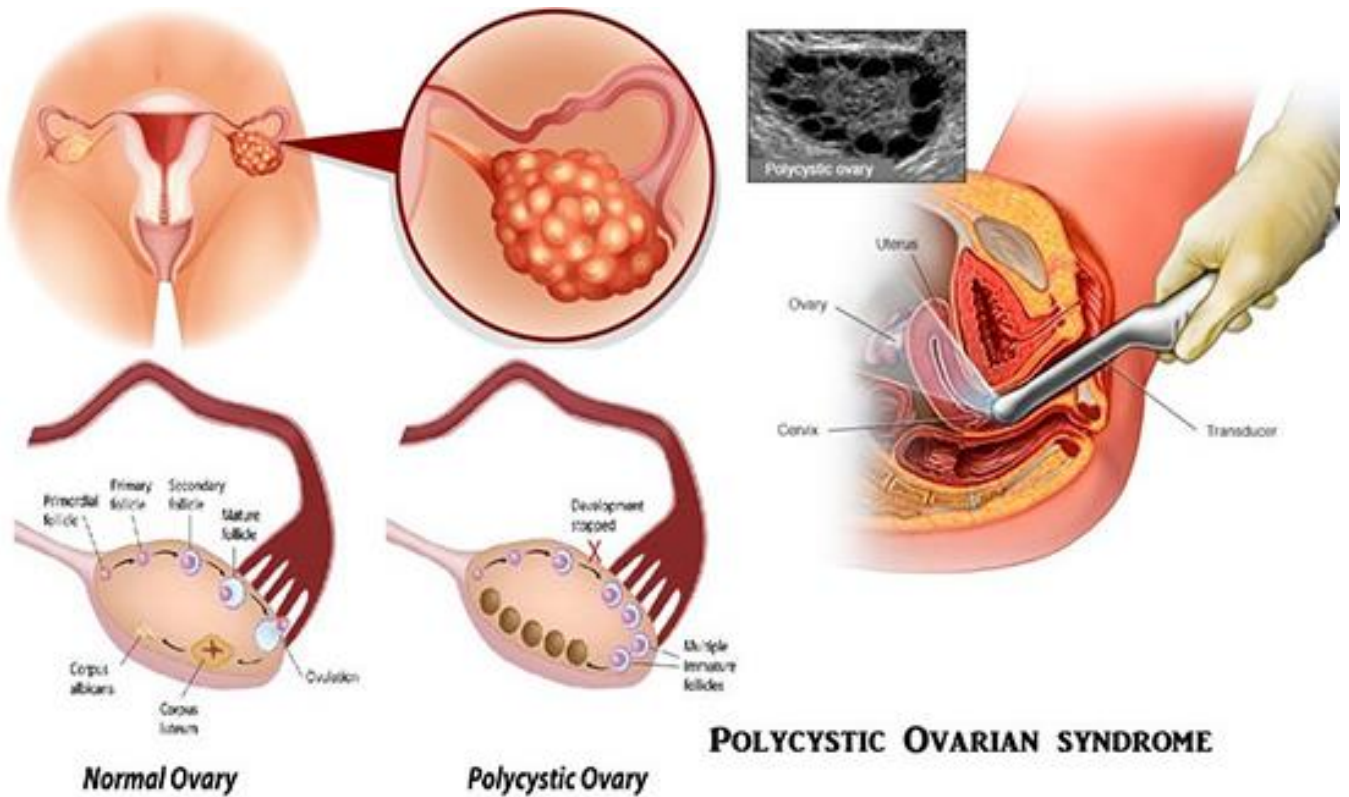
Heavy, painful periods: PCOS can cause painful periods with heavy bleeding. This can cause additional issues, such as anemia, and is often unpleasant and even scary

Can PCOS be cured?

There is no cure for PCOS, but treatments can improve symptoms. People who have irregular periods, trouble getting pregnant or excessive acne and hair growth should speak to a healthcare professional. Some symptoms of PCOS can be reduced through lifestyle changes.

What is the root cause of PCOS?

Research has shown that genetic and environmental factors contribute to the development of PCOS, but its exact cause remains unknown.



Do you look pregnant with PCOS?

PCOS belly looks different to other types of weight gain, with PCOS sufferers reporting they have an enlarged belly, while the rest of their body remains the same size as it has always been. This may be due to bloating, excessive weight gain, or both. Women with PCOS will often find it difficult to lose belly fat.

Polycystic Ovarian Syndrome

is the Most Common Hormonal Disorder that Affects Young Women and A Leading Cause of Infertility

4% to 8% Women are Affected with PCOS Worldwide

1 in Every 5 to 10 Women in India Suffer from PCOS

70% of PCOS cases go Undiagnosed

Between 1 in 10 & 1 in 20 women in the childbearing age group are affected with PCOS

What are the nicknames for PCOS?

Other names for this syndrome include polycystic ovarian syndrome, polycystic ovary disease, functional ovarian hyperandrogenism, ovarian hyperthecosis, sclerocystic ovary syndrome, and Stein–Leventhal syndrome.

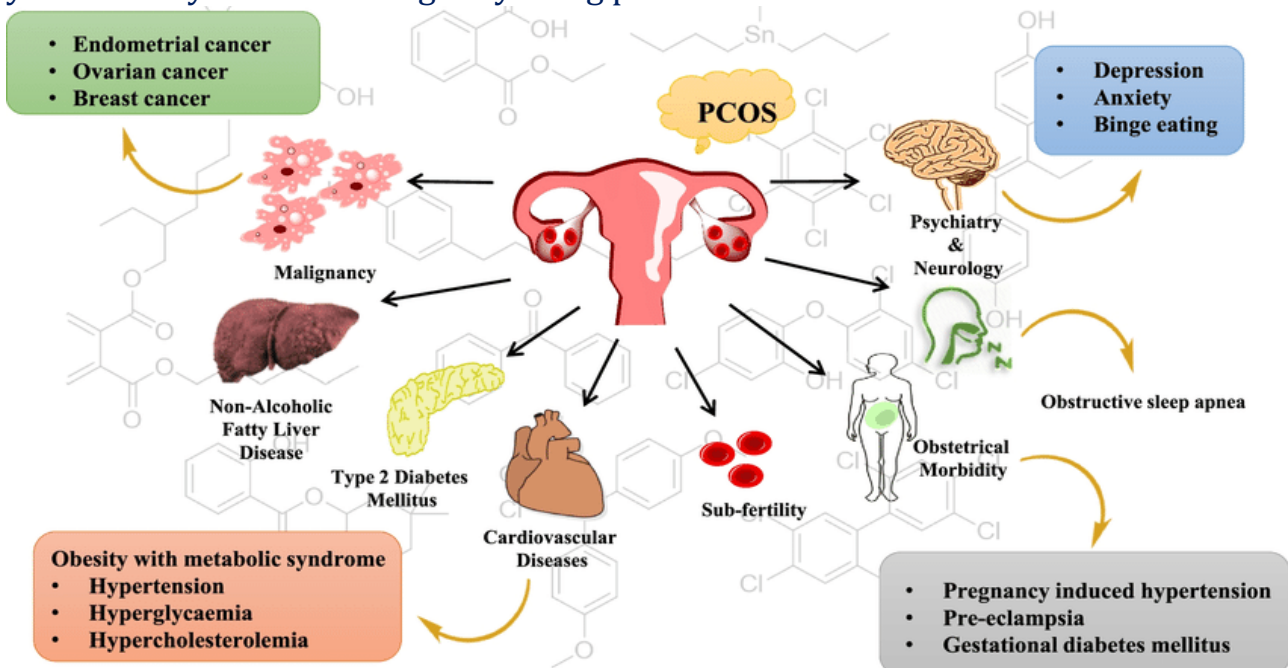


Can PCOS affect a male partner?

Recent studies identified the presence of a male polycystic ovarian syndrome (PCOS), which mainly affects men whose female relatives are afflicted with PCOS, caused by genes responsible for the susceptibility of this syndrome in women.

What is the best position to sleep with PCOS?

You should sleep on your side because sleeping on your back can lead to apnea when your tongue falls back during sleep and it blocks the airways. It is recommended that you elevate your head at night by using pillows.



What is PCOS in breast?

The hormonal imbalance caused by PCOS can affect the way breast tissue develops during puberty and throughout pregnancy. Irregular or fewer periods early on in puberty can cause you to have lower levels of the hormone estrogen, which can lead to less breast tissue.

Polycystic Ovary Syndrome (PCOS): General Information, Evaluation, and Treatment



Polycystic ovary syndrome (PCOS) is a condition that can cause irregular periods, difficulty losing weight, and symptoms of extra androgenic sex hormones (e.g. testosterone) including acne, extra facial or body hair, and hair loss from the head. The condition can also make it more difficult to get pregnant. **PCOS is a common condition that affects up to 5-8% of women in Canada.**

Symptoms of PCOS

Symptoms of PCOS can vary between people, but some of these symptoms may include:

- **Menstrual Irregularities** – Having fewer than 8 periods a year (oligomenorrhea or amenorrhea).
- **Hyperandrogenism** – Excess male hormones (e.g. testosterone) can present in a variety of ways. This may include (i) acne, (ii) growing thick, dark hair on the upper lip, chin, sideburn area, chest, or abdomen, and (iii) hair loss from the head.
- **Fertility Concerns** – Difficulty getting pregnant without medication to assist with ovulation (e.g. ovulation induction agents *Clomid* or *Letrozole*).
- **Weight Gain and Obesity**



Diagnosis of PCOS

A diagnosis of PCOS can be made when at least 2 of the following 3 criteria are met. **Not all three criteria are required for the diagnosis of PCOS.**



Menstrual Irregularities

Irregular periods (periods that happen more than 35 days apart) or no periods (amenorrhea)



Hyperandrogenism

Higher levels of androgens as shown in the blood (testosterone or DHEAS) or through symptoms such as excess hair growth, scalp hair loss or acne



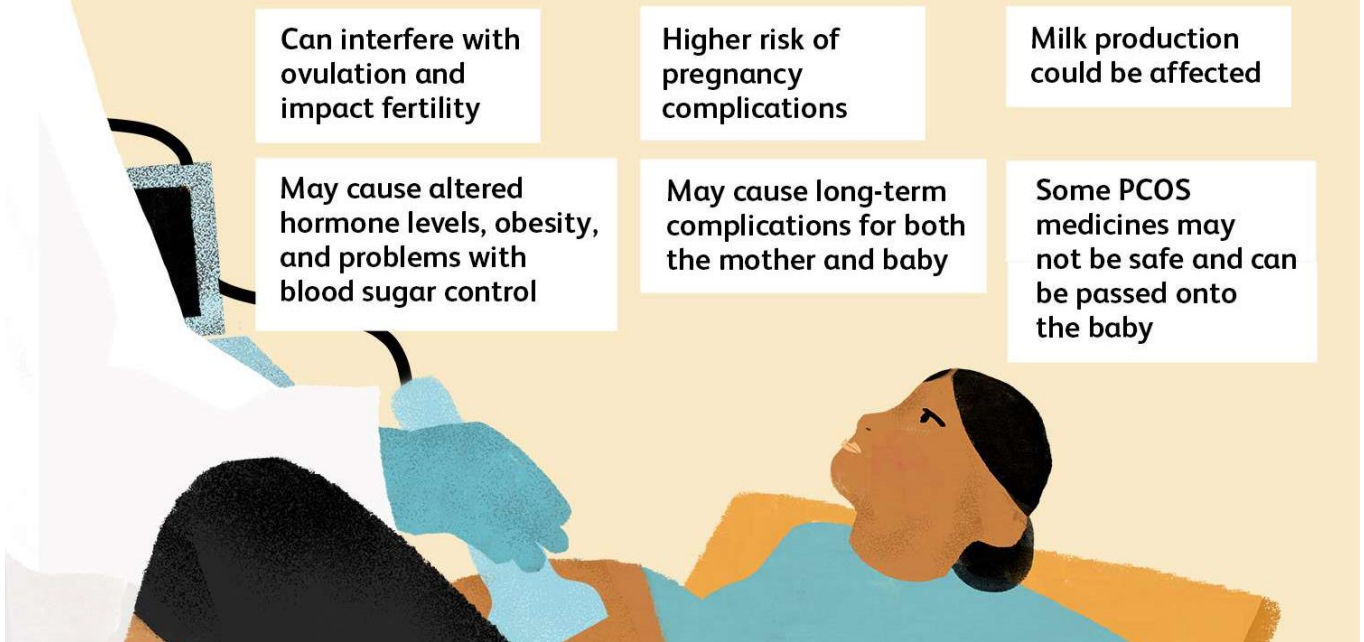
Polycystic Ovaries

Imaging suggestive of polycystic ovaries (i.e. multiple ovarian cysts visible on ultrasound)

Does PCOS make you chubby?

People with PCOS often have higher levels of hormone androgens (male hormones) such as testosterone. These elevated androgen levels can contribute to weight gain by increasing appetite, especially for high-calorie foods, and promoting abdominal fat deposition.

How Polycystic Ovary Syndrome (PCOS) Impacts the Stages of Pregnancy



Can PCOS get pregnant?

You can get pregnant with PCOS. You will likely need to have moderate weight, balance your blood sugar levels, and treat other PCOS symptoms with healthy lifestyle changes and medications. In some cases, fertility medications alone will help you get pregnant. If that doesn't work, you may need IVF treatment.

Can PCOS go away?

There is currently no cure for PCOS. Management will differ depending on the most bothersome symptoms and on a woman's desire to become pregnant. For women who are not seeking pregnancy, treatment will likely focus on correcting or harnessing the underlying hormonal imbalances.

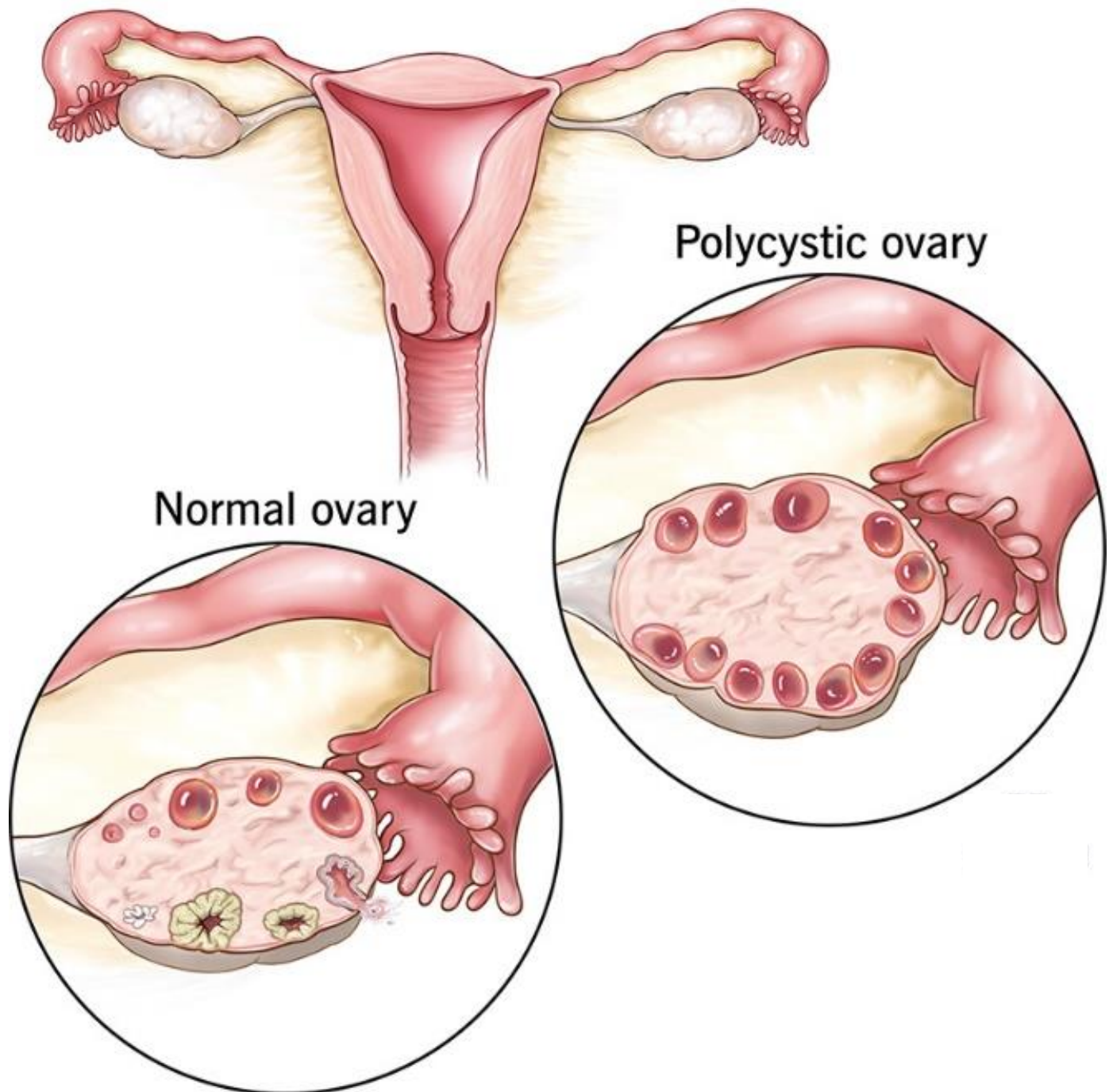
What are the warning signs of PCOS?

Common symptoms of PCOS include:

- irregular periods or no periods at all.
- difficulty getting pregnant (because of irregular ovulation or no ovulation)
- excessive hair growth (hirsutism) – usually on the face, chest, back or buttocks.
- weight gain.
- thinning hair and hair loss from the head.
- oily skin or acne.

Does PCOD affect mood?

Does PCOS Cause Mood Swings? Women with PCOS often report signs of mood swings, depression and anxiety. Mood swings can feel like rapidly fluctuating emotions that can manifest as irritability, temper, sadness and/or anxiety that results from hormonal imbalance.



A typical ovary compared to an ovary in a person with PCOS.

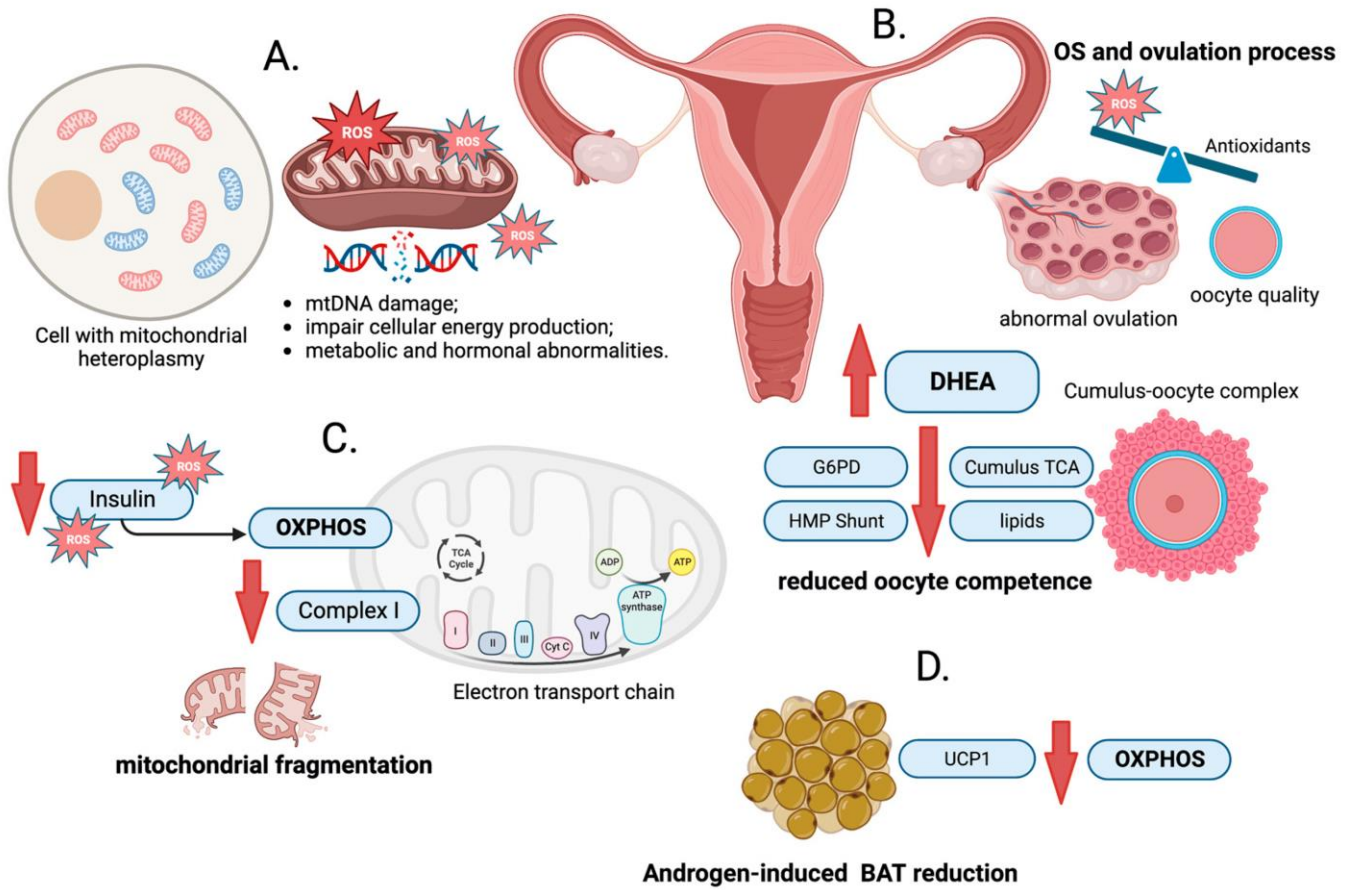
What is polycystic ovarian syndrome?

Polycystic ovary syndrome (PCOS) is a hormonal imbalance that occurs when your ovaries (the organ that produces and releases eggs) create excess hormones. If you have PCOS, your ovaries produce unusually high levels of hormones called androgens.

This causes your reproductive hormones to become imbalanced. As a result, people with PCOS often have irregular menstrual cycles, missed periods and unpredictable ovulation.

Small follicle cysts (fluid-filled sacs with immature eggs) may be visible on your ovaries on ultrasound due to lack of ovulation (anovulation). However, despite the name "polycystic," you don't need to have cysts on your ovaries to have PCOS. The ovarian cysts aren't dangerous or painful.

PCOS is one of the most common causes of infertility in women and people assigned female at birth (AFAB). It can also increase your risk of other health conditions. Your healthcare provider can treat PCOS based on your symptoms and if you wish to become pregnant.



What age does PCOS start?

Women and people AFAB can get PCOS any time after puberty. Most people are diagnosed in their 20s or 30s when they're trying to get pregnant. You may have a higher chance of getting PCOS if you have obesity or if other people in your biological family have PCOS.

How common is PCOS?

PCOS is very common — up to 15% of women and people AFAB of reproductive age have PCOS.



Symptoms and Causes

What are the signs of polycystic ovary syndrome (PCOS)?

The most common signs and symptoms of PCOS include:

Irregular periods: Abnormal menstruation involves missing periods or not having a period at all. It may also involve heavy bleeding during periods.

Abnormal hair growth: You may grow excess facial hair or experience heavy hair growth on your arms, chest and abdomen (hirsutism). This affects up to 70% of people with PCOS.

Acne: PCOS can cause acne, especially on your back, chest and face. This acne may continue past your teenage years and may be difficult to treat.

Obesity: Between 40% and 80% of people with PCOS have obesity and have trouble maintaining a weight that's healthy for them.

PCOS SYMPTOMS:



POLYCYSTIC OVARY SYNDROMS (PCOS)

Darkening of the skin: You may get patches of dark skin, especially in the folds of your neck, armpits, groin (between the legs) and under your breasts. This is known as acanthosis nigricans.

Cysts: Many people with PCOS have ovaries that appear larger or with many follicles (egg sac cysts) on ultrasound.

Skin tags: Skin tags are little flaps of extra skin. They're often found in your armpits or on your neck.

Thinning hair: People with PCOS may lose patches of hair on their head or start to bald.

Infertility: PCOS is the most common cause of infertility in people AFAB.

Not ovulating regularly or frequently can result in not being able to conceive.

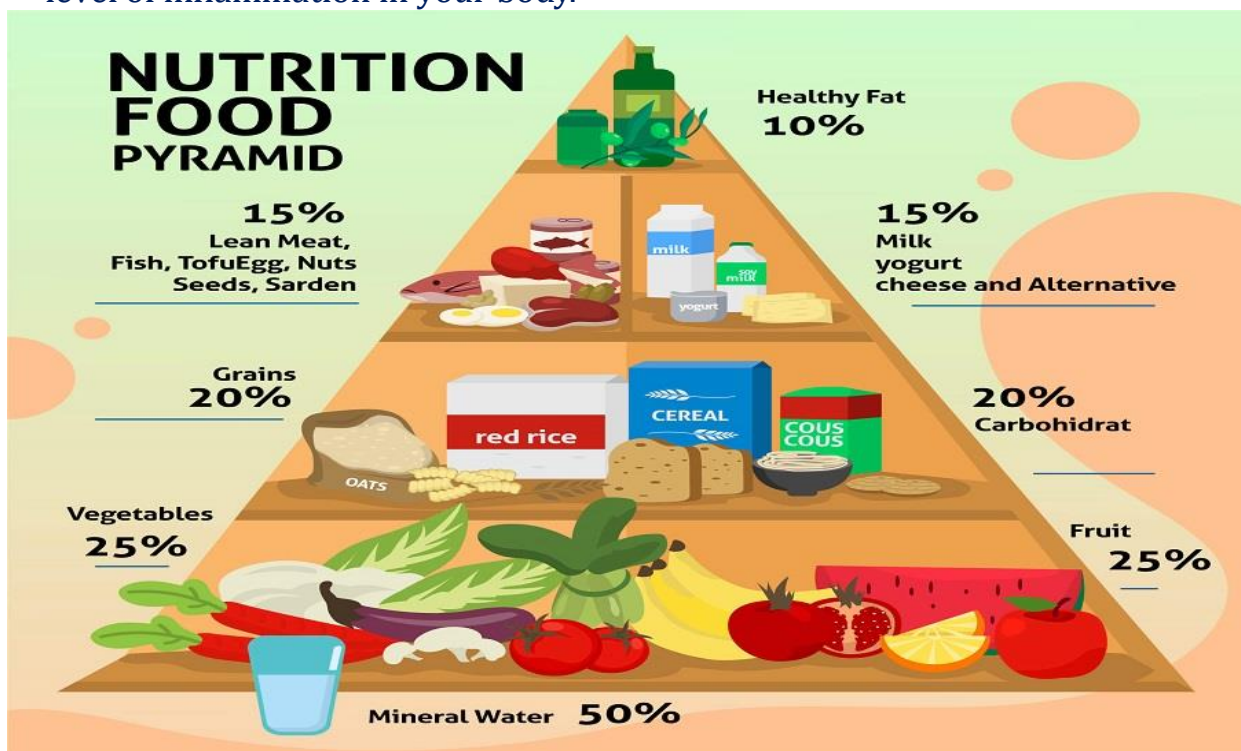
Can I have PCOS but not have any symptoms?

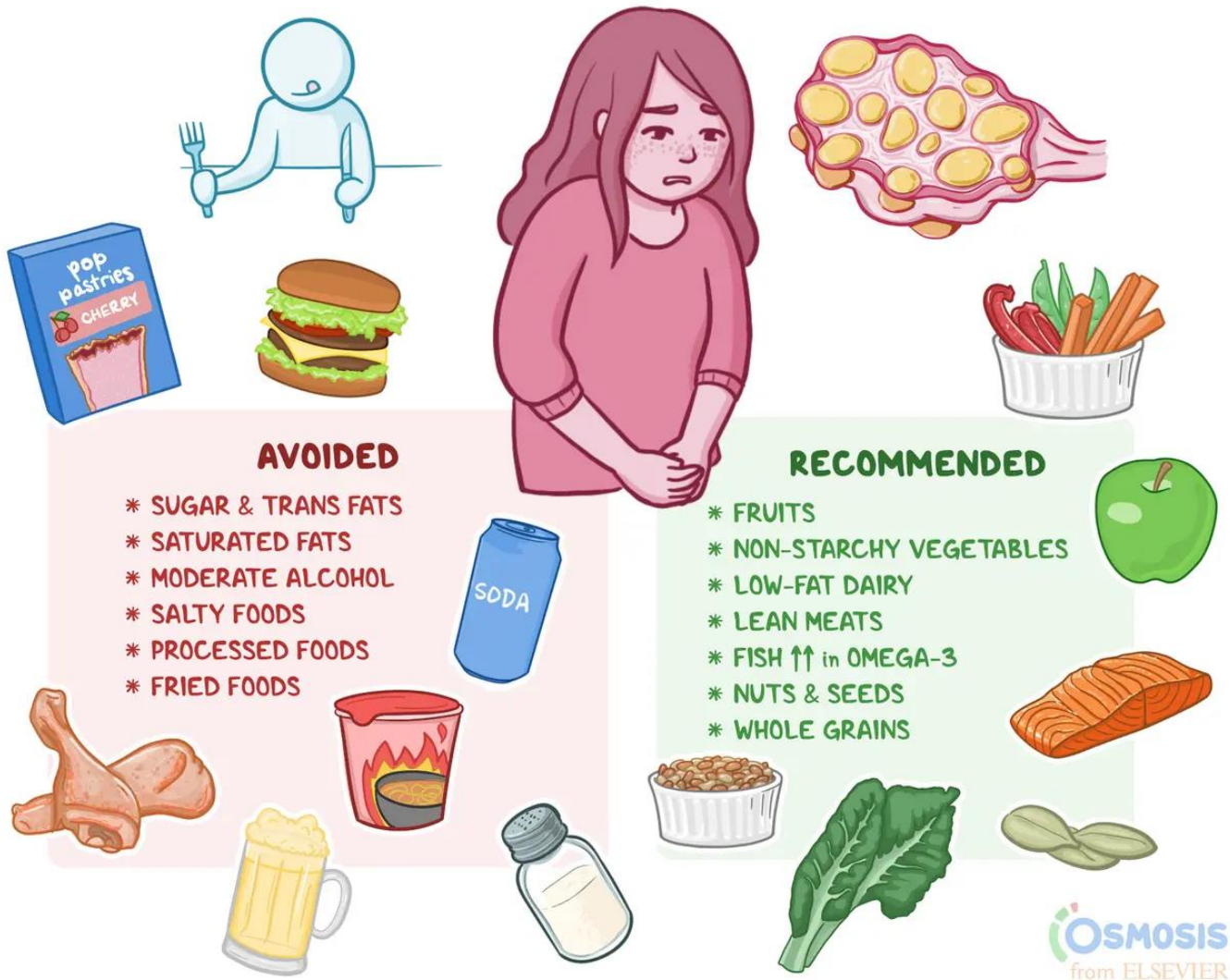
Yes, it's possible to have PCOS and not have any symptoms. Many people don't even realize they have the condition until they have trouble getting pregnant or are gaining weight for unknown reasons. It's also possible to have mild PCOS, where the symptoms aren't severe enough for you to notice.

What is the main cause of PCOS?

The exact cause of PCOS is unknown. There's evidence that genetics play a role. Several other factors, most importantly obesity, also play a role in causing PCOS:

- Higher levels of male hormones called androgens: High androgen levels prevent your ovaries from releasing eggs, which causes irregular menstrual cycles. Irregular ovulation can also cause small, fluid-filled sacs to develop on your ovaries. High androgen also causes acne and excess hair growth in women and people AFAB.
- Insulin resistance: An increase in insulin levels causes your ovaries to make and release male hormones (androgens). Increased male hormones suppress ovulation and contribute to other symptoms of PCOS. Insulin helps your body process glucose (sugar) and use it for energy. Insulin resistance means your body doesn't process insulin correctly, leading to high glucose levels in your blood. Not all individuals with insulin resistance have elevated glucose or diabetes, but insulin resistance can lead to diabetes. Having overweight or obesity can also contribute to insulin resistance. An elevated insulin level, even if your blood glucose is normal, can indicate insulin resistance.
- Low-grade inflammation: People with PCOS tend to have chronic low-grade inflammation. Your healthcare provider can perform blood tests that measure levels of C-reactive protein (CRP) and white blood cells, which can indicate the level of inflammation in your body.





PCOS Diet

Any diet that helps you lose weight can help with PCOS symptoms if you carry extra weight. A low-carb diet can be especially helpful if you have insulin resistance. White breads, pastas, and other simple carbohydrates can spike your blood sugar and worsen insulin resistance. Studies have found that when women got less than 45% of their calories from carbohydrates, they lost more weight and improved insulin levels, hormone levels and ovulation regularity.

Since women with PCOS may have chronic inflammation that exacerbates the condition, an anti-inflammatory diet can also be helpful. In one study, women with PCOS who carried extra weight lost about 7% of their body weight and reduced the prevalence of diabetes after following a reduced-calorie anti-inflammatory diet which included small, frequent meals throughout the day for 12 weeks. Additionally, the women saw improvement in a variety of markers on blood tests such as insulin, C-reactive protein (a measure of inflammation), and cholesterol. One study showed it may help you get pregnant. The Mediterranean diet is a type of anti-inflammatory diet that includes fruits, vegetables, whole grains, lean meats, fish, and olive oil.



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7-DAY PCOS DIET PLAN

Day	Breakfast	Lunch	Dinner	Snack
Day 1	Raspberry Rose Smoothie	Shrimp Caesar Salad	Blackened Salmon with Rice & Veggies	Greek yogurt parfait with berries and nuts
Day 2	Apple Pie Chia Pudding	Chicken Pesto Wrap	Fish Taco Bowls	Chocolate Hummus and Fruit
Day 3	Mexican Sweet Potato Casserole	Red Curry Lentil Soup	Buffalo Chicken Pizza	Kale Chips
Day 4	Peanut Butter Jelly Overnight Oats	Air Fryer Chicken Nuggets with Crispy Zucchini	Green Bean & Orange Chicken Stir Fry	Dairy Free Spinach + Artichoke Dip and Veggies
Day 5	Chocolate Waffles	Chipotle Turkey Bowl	Turkey Chili	Hot Chocolate Cookies
Day 6	Everything Bagel Avocado Toast	Mason Jar Cobb Salad	Korean Beef Lettuce Wraps	Peanut Butter Quinoa Puff Cups
Day 7	Sun-Dried Tomato & Spinach Frittata	Taco Stuffed Butternut Squash	One Pot Mushroom Pasta	Banana Bread

Spearmint Tea for PCOS

One small study found that women with PCOS who drank two cups of spearmint tea per day for 30 days had significantly lower levels of testosterone than women who drank a different herbal tea.

Omega-3 or Fish Oil Supplements for PCOS

Omega-3 fatty acids are naturally found in fatty fish like salmon, olive oils, nuts, and seeds. They're an important part of a Mediterranean or anti-inflammatory diet, but if you have trouble getting enough in your food each day, you might consider taking a supplement. One 2020 meta-analysis found that women with PCOS who took omega-3 supplements had fewer signs of inflammation in blood tests than women with the condition who didn't.

PCOS DIET CHART

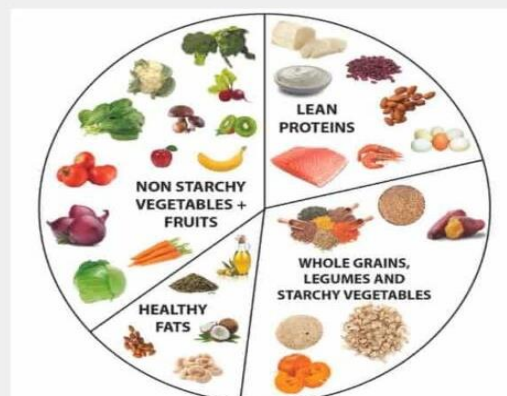
40% Fruits & Vegetables

25% Complex Carbs

30% Lean proteins

5% Healthy Fats

medhyaherbals.com



Curcumin (Turmeric) Supplements

Curcumin supplements may help women with PCOS with their weight, cholesterol, and insulin, according to a small study. The supplements are thought to have an anti-inflammatory effect.

MAINTAIN A HEALTHY DIET WITH PCOS

- ◆ Practice mindful eating habits and remain aware of bodily cues that tell you when you're hungry and when you're full.
- ◆ Eliminate or reduce carbs. A customized diet which may include Keto, Paleo, AIP diet or some other combination may help.
- ◆ Fats are your friends. They'll keep you fuller for longer and keep the junk food bugs at bay.
- ◆ Eat foods rich in probiotics and microbiomes for improved gut health.
- ◆ Cut out sugar. Not only does it dangerously spike your insulin levels but it's also extremely inflammatory.
- ◆ Get rid of gluten and dairy. They possess many insulin growth factor enzymes that can worsen PCOS symptoms.



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THE ULTIMATE PCOS Diet GUIDE

EAT IT

Non-Starchy Veggies

broccoli, spinach, peppers, kale, asparagus, brussel sprouts, cabbage, cauliflower, eggplant, zucchini

Meat, Fish & Eggs

chicken, turkey, beef, pork, lamb, salmon, tuna, sardines, cod, scallops, crab, shrimp, clams, lobster, eggs

Small Amounts of Low GI Carbs

sweet potato, quinoa, black rice, wild rice, beans, parsnip, plantains, squash, chickpea, corn, taro, pumpkin

Healthy Fats

avocado, coconut, nuts, extra virgin olive oil, coconut cream, macadamia oil, lard, butter, ghee, coconut oil

Small Amounts of Low Fructose Fruits

Kiwis, blackberries, blueberries, raspberries, cranberries, grapefruit, blackcurrants, plums, apricots

Probiotic & Prebiotic Foods

artichokes, garlic, onion, leeks, asparagus, beetroot, peas, sweetcorn and cabbage, pickles, sauerkraut, kimchi

AVOID IT

Processed Foods

frozen dinners, fast food, packaged baked goods, pre-made condiments, salad dressings, energy bars

Sugar (Even Natural Sugars)

candy, soda, juice, jams, dried fruit, "low fat" products, most sauces, breakfast cereals, honey, agave nectar

Dairy

milk, cheese, yogurt, cream, sour cream, cream cheese, cottage cheese

High GI Carbs

pastas, breads, cereal, pastries, white rice, white potatoes, baked goods

Gluten

sauces & gravies, crackers, marinades, pastas, breads, beer, pastes, granola, breadings and coating mixes

Soy Products & Vegetable Oils

tofu, soy milk, canola oil, grapeseed oil, safflower oil, peanut oil, sunflower oil, cottonseed oil, rice bran oil

Processed Meats

smoked meats, hot dogs, deli meats, bacon

PCOS DIET FOOD LIST

EASYANDELISH.COM



TO EAT

TO AVOID

- **LEAN PROTEIN: TO KEEP YOU FULL FOR LONGER AND AID IN WEIGHT LOSS. E.G. SALMON, MACKEREL, TUNA, COD, SARDINE, HERRING, LAKE TROUT, SKINLESS CHICKEN AND TURKEY BREASTS, TOFU, BEANS, PEAS, AND TEMPEH.**
- **COMPLEX CARBOHYDRATES (HIGH FIBER FOODS): TO REGULATE INSULIN LEVELS AND KEEPS YOU FULL. OPT FOR WHOLE GRAINS (QUINOA, OATS, BULGAR, BROWN RICE), LEGUMES (BEANS, PEAS, LENTILS), AND SWEET POTATOES.**
- **HEART-HEALTHY FATS: FOR PROPER BRAIN AND HEART FUNCTION, VITAMIN ABSORPTION, AND OVERALL HORMONE PRODUCTION. CHIA SEEDS, PUMPKIN SEEDS, FLAXSEEDS, SUNFLOWER SEEDS, SESAME SEEDS, AVOCADO, EXTRA-VIRGIN OLIVE OIL, WALNUTS, PISTACHIOS, ALMONDS, BRAZIL NUTS, AND PINE NUTS.**
- **ANTIOXIDANTS: TO REDUCE INFLAMMATION! BLUEBERRIES, BLACKBERRIES, STRAWBERRIES, RASPBERRIES, GRAPES, CRANBERRIES, CHERRIES, KIWIS, BROCCOLI, SPINACH, CHARD, BEETS, TOMATOES, CARROTS, PEPPERS, EGGPLANT, LEMON, TURMERIC, GINGER, AND DARK CHOCOLATE.**

- **PROCESSED OR SIMPLE CARBS: WHITE BREAD, REGULAR PASTA, WHITE RICE, BREAKFAST CEREAL, OR REGULAR PIZZA DOUGH.**
- **UNHEALTHY FATS: RED OR PROCESSED MEAT, BUTTER, CHEESE, MILKSHAKES, FRENCH FRIES, DOUGHNUTS, AND OTHER FRIED FOODS.**
- **SUGAR-FILLED DRINKS: SODA, ADDED-SUGAR FRUIT JUICES & SMOOTHIES, OR SWEETENED COFFEE AND TEA BEVERAGES.**
- **PROCESSED FOODS: CANDY, COOKIES, CAKES, PASTRIES, ICE CREAM, ETC.**
- **ALCOHOL: A OCCASIONAL GLASS OF WINE OR BEER WON'T HARM YOU, BUT TRY TO AVOID SUGARY COCKTAILS AND BOTTLED MIXERS.**



CLICK TO LEARN MORE DURING
The FREE PCOS Diet Challenge

PCOS Recipes Shopping Lists Video Lessons

The PCOS diet

- Go for wholegrains, legumes, seeds
- Avoid red meats, go for Omega3-rich fish and poultry
- Go for mono or polyunsaturated fats, stay away from saturated and hydrogenated fats
- Include green leafy vegetables and those of colour like bell peppers and tomatoes
- Have fibre-rich and low glycemic index fruits and vegetables



what are some of the best FOODS FOR PCOS?

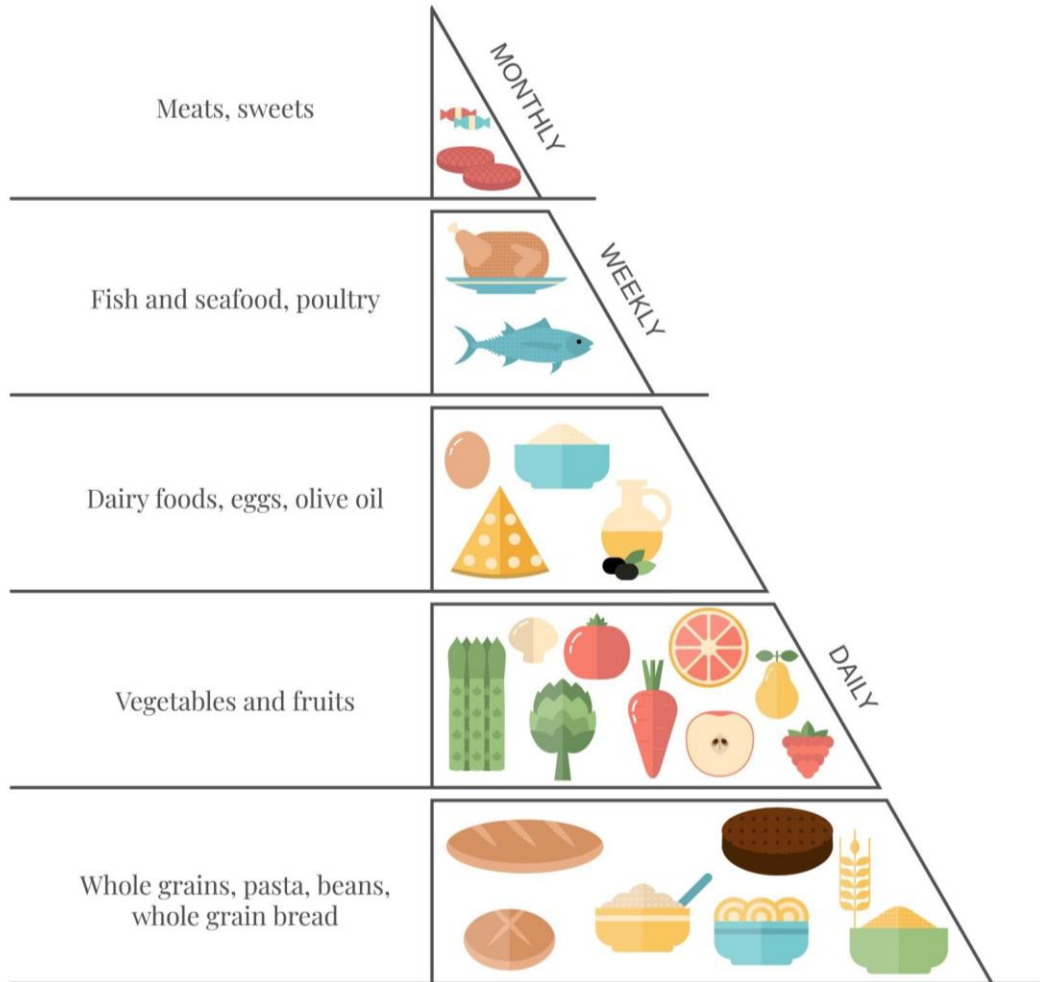
1 MEAT AND POULTRY	2 COLD WATER FISH	3 HEALTHY FATS
4 ORGANIC FRUIT	5 ORGANIC VEGGIES	6 NUTS AND SEEDS

FRUITS+ VEGGIES APPLE, BANANA, ORANGE, WATERMELON, GRAPES, POTATO, PEAR, DATES, VEGETABLES, MELONS, BLACK RAISINS		CARBS BAJRA, WHEAT FLOUR, JOWAR, BASMATI RICE, RAGI, MAIDA, BROWN/RED RICE, QUINOA COMPLEX CARBS, SIMPLE CARBS
PROTEINS BEANS, CHICKPEAS, DAL, SPROUTS, TOFU, GREEN PEAS, NUTS, SOY MILK, CHIA SEEDS		FATS WALNUTS, OLIVE/CANOLA/SUNFLOWER OIL, ALMONDS, FLAX SEEDS, CHIA SEEDS, CASHEWS, FULL-FAT DAIRY BISCUITS, CHIPS, FRIED FOOD, SUGARY FOODS UNSATURATED FATS, SATURATED FATS

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Mediterranean Diet


Inculcate these habits in your daily routine for a PCOS free life:

 <p>1. Eat your greens</p>	 <p>2. Avoid sugar and refined cereal</p>	 <p>3. Eat small and frequent</p>
 <p>4. Exercise regularly</p>	 <p>5. Eat fruits</p>	 <p>6. Relax and don't stress.</p>

PCOS DIET TIPS



- ✓ Learn your carb tolerance.
- ✓ Consider cutting dairy and gluten.
- ✓ Don't mask your cravings.
- ✓ Avoid large meals and don't skip meals.
- ✓ Limit your caffeine intake.
- ✓ Stay hydrated.
- ✓ Drink more tea.
- ✓ Avoid inflammatory foods.
- ✓ Limit your alcohol use.
- ✓ Think about what to eat, not just what not to eat.

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 DISTRICT 3060

**CANCER DETECTION-ON-WHEEL
 ALIPORE HOSPITAL**

The best foods for PCOS

Non-starchy and leafy green vegetables



broccoli



spinach



mushrooms



kale

Nuts and seeds



almonds



walnuts



chia seeds

Whole grains



brown rice



oats



barley

Healthy oils



extra virgin
olive oil



avocado oil

Legumes



beans



lentils



black beans



green beans

Fatty fish



salmon



mackerel



sardines



tuna

Berries



strawberries



raspberries



blackberries

low-fat or fat-free dairy



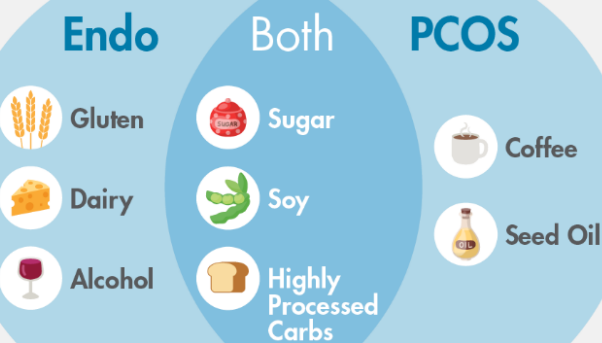
fat-free milk



low-fat yogurt

Whole grains, such as brown rice, barley, sorghum and others. Breads and pastas made with whole grains can help people with **PCOS** avoid spikes in blood sugar.

Foods to Avoid if You Have...



BREAKFAST



Idly, sambar



Oats upma



Mix Veg Poha

MID DAY SNACK



Green Gram Sprouts



Boiled Legumes



Seeds & Nuts

LUNCH



Roti,
Vegetable Sabzi



Dal, Salad



Chicken/Fish
Curry, Rice



Low
Fat Curd

EVENING SNACK



Wheat Rusk



Tea/Coffee



Fruits



Salad

DINNER



Wheat
Upma



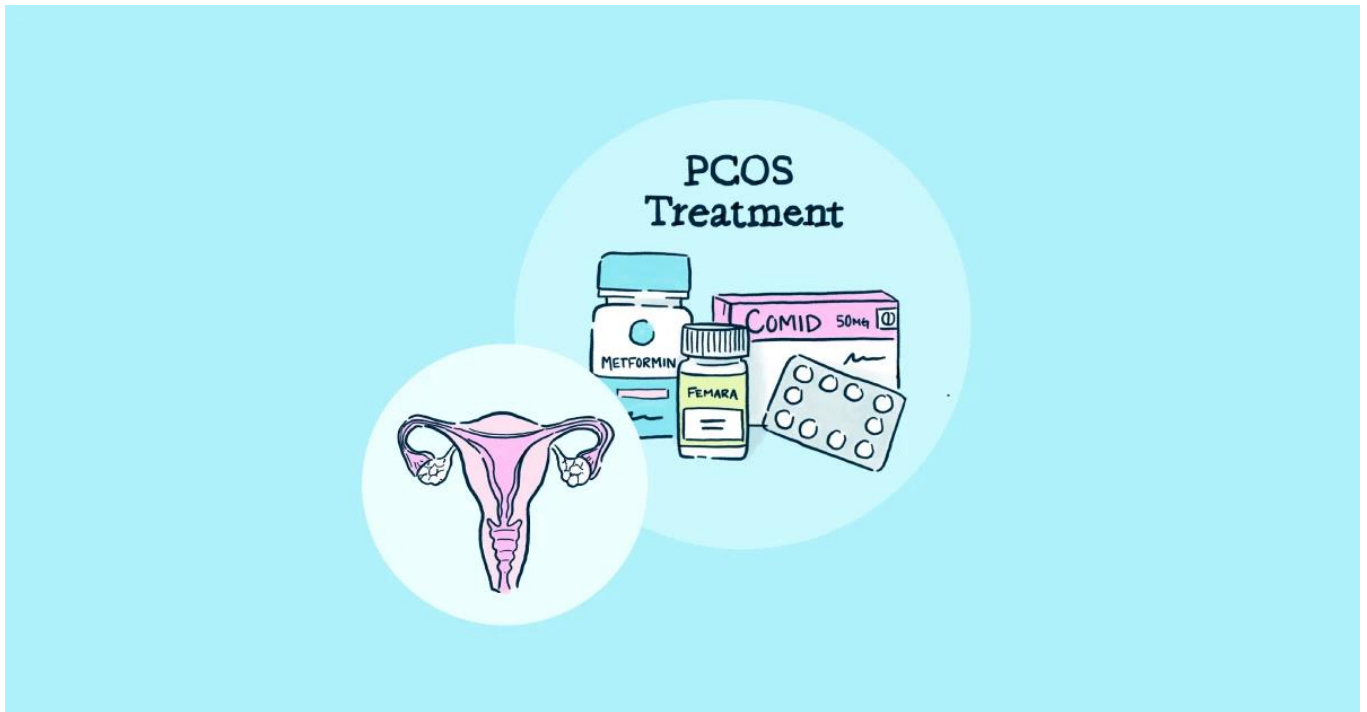
Wheat
Dosa



Mix Vegetable
Curry



Chapati

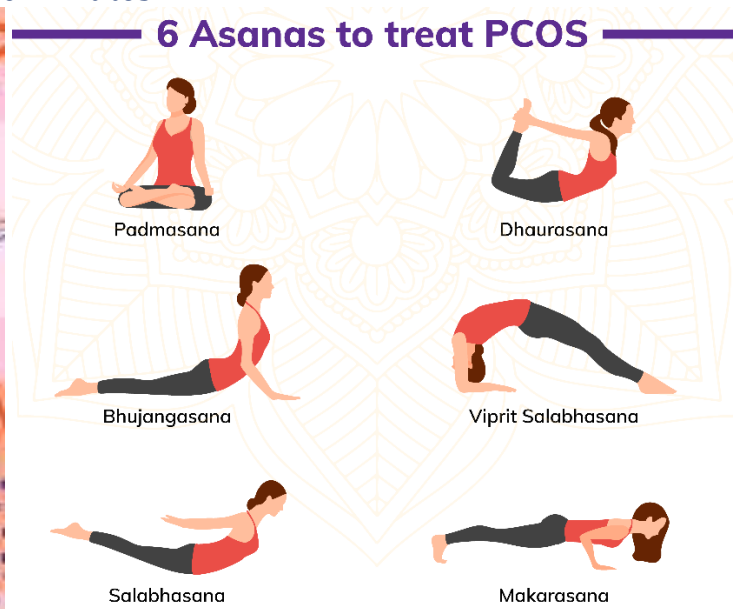


TREATMENT TO CURE PCOS

There is no permanent cure for polycystic ovary syndrome (PCOS), but there are ways to manage symptoms. Treatment options vary depending on the symptoms a person with PCOS experiences. Some lifestyle and dietary changes that may help include:

Diet: Eating a balanced diet, avoiding processed foods, and eating fermented and seasonal foods

Exercise: Exercising daily for at least 20 minutes



Sleep: Waking up and going to sleep at the same time every day

Caffeine: Reducing caffeine consumption or switching to decaf or green tea

Blood tests can be used to measure hormone levels, glucose and insulin levels, and lipid levels.

It's important to stay in communication with a doctor to ensure that all concerns are addressed.

One of the best ways to cope with PCOS is to maintain a healthy bodyweight, eat nutritious foods and exercise regularly. These changes to your lifestyle can affect hormone levels, in turn regulating your menstrual cycle and easing your symptoms.

Exercise for PCOS

All of us need regular exercise because it has so many advantages, but people with PCOS need it even more. Due to their insulin resistance, people with PCOS are more likely to become obese and develop diabetes, and it can be challenging to reduce weight. Lack of physical exercise and excessive body weight are related, and both may be contributing factors to insulin resistance. So you can practise PCOS exercise at home to lose weight. Exercise will also aid to regulate your hormones and lower your testosterone levels, which is another distinct benefit. This will lessen PCOS symptoms including acne and excessive hair growth.

In addition to helping you maintain a healthy weight, physical activity can help people with PCOS stave off depression. Resistance training, like lifting weights and moderate exercise, like brisk walking, have both been shown to help PCOS symptoms. Walking for 30 minutes a day reduced several signs of chronic inflammation in women with PCOS, according to a small study.

Flexibility Exercises



Yoga



Stretching



Dance



Deep squats

PCOS + WEIGHT LOSS

exercise during ramadan

Resistance training



Best time: 1- 1.5 hour before or after Iftaar

Yoga or Pilates



Best time: 1-1.5 hour before or after Iftaar

Walking



Best time: Right after iftaar or accumulate ~7000 steps or more during the day

@PCOS.WEIGHTLOSS.DIETITI

Exercise during Ramadan | PCOS + WEIGHT LOSS|

- ☺ choose a type of movement based on how you are feeling and your energy levels
- ☺ If you choose to do resistance / weight training prior to iftaar keep it around 30 minutes (only do more if you feel you have the energy). If you want to do a longer training then perhaps 1.5 hrs after iftaar would be a good time for that.
- ☺ You can also do a daily 15 min body weight exercises closer to opening iftaar. Its a good way to maintain your muscle mass over the fasting month
- ☺ My personal favorite is walks which I recommend doing right after iftaar. This way you can keep your blood sugars stable post iftaar. If that's not possible trying to aim for ~7000 steps daily accumulated over the day.
- ☺ Yoga or Pilates are great exercises that you can do 1 to 1.5 hour prior to iftaar or 1.5 hours after iftaar.
- ◆ Bottom line is choose activity based on how your energy levels are. This is just a rough guide that you can use.

A small trial of 28 women with PCOS showed that just eight weeks of high intensity interval training lowered their weight, waist-to-hip ratio, cholesterol levels, and insulin resistance.

Exercising can also help you get pregnant, even if you don't lose weight.

PCOS STRESS BUSTERS



Spend time in nature



Include healthy fats and protein



Limit sugar



Take a walk



Meditation



Short Vacation



Talk to a Friend



Read Books



Exercise

Why is a PCOS workout important?

Balancing your hormones - Exercise can assist to balance your hormones by increasing endorphins while decreasing estrogen and insulin.

Improving your mood - Due to hormone imbalances and PCOS symptoms, people with PCOS may be more susceptible to depression. Exercise regularly releases endorphins (happy hormones).

Aiding weight loss - When you have PCOS, trying to lose weight might be discouraging. You can lose weight by engaging in daily exercise that you love and following a healthy eating regimen.

Improving your sleep quality - Exercise can promote restful sleep. Snoring, sleep apnea, and other issues are more common in those with PCOS. Obesity also exacerbates these issues.

Reducing your risk of diabetes - Aerobic activity can enhance insulin sensitivity which can help in reducing the risk of diabetes.

Helping to manage cholesterol - Women with PCOS are more likely to have elevated cholesterol, which can be decreased with exercise and a good diet.

Lowering the risk of cardiovascular diseases - High blood pressure and cardiovascular disease are both more likely in you. Your heart's health will improve with exercise.

Benefits of Movement For PCOS

Reduced lipids

Reduces anxiety

Reduced risk
of metabolic
syndrome

Lowered
testosterone
levels

Improved
luteinizing
hormone levels

Improved insulin
resistance



A collage of images related to PCOS benefits of movement. It includes a smaller version of the main title "BENEFITS OF MOVEMENT FOR PCOS" in red and black text. Below the title is a woman in a white top performing a yoga pose. To the left of the yoga pose are the following text elements: "Reduced Lipids", "Reduced risk of Metabolic Syndrome", and "Improved Luteinizing hormone levels". To the right of the yoga pose are: "Reduced Anxiety", "Lowered Testosterone Levels", and "Improved Insulin resistance". On the right side of the collage is a blue box with the text "BELIEVE THERE IS GOOD IN THE WORLD" in yellow and white, and the Rotary logo with the tagline "PEOPLE IN ACTION" at the bottom.

Best workout for PCOS:

PCOS Workout

take back control

rebalance your hormones



- Cardiovascular steady-state exercises: If you are exercising moderately, these exercises will cause your heart to beat rapidly, typically at a rate of 50 to 70 percent of its maximum. By taking your age away from 220, you can get your maximum heart rate. This group of aerobic workouts can include walking, bicycling, dancing, and enrolling in aerobics classes.
- Workouts that combine high-intensity exercise bursts with rest periods are known as HIIT. Burpees, tuck leaps, and mountain climbers are examples of common exercises used in HIIT workouts. Maintaining a habit over the long run depends on how much you enjoy exercising.
- Interval training is a means to exercise at various intensities, though not always to your maximum heart rate as you would with HIIT. To keep your heart rate up during this type of training, various activities are frequently performed in the same session.
- Mind-body exercises: Women with PCOS have a more heightened physical response to stress and anxiety. Yoga, Pilates, and tai chi are examples of mind-body workouts that can not only burn calories but also lower stress levels, which can increase PCOS symptoms. Thus, this should be a part of your PCOS exercise plan.
- Strength training: To increase muscular mass, use resistance bands, weights, or your body weight. This kind of exercise can aid in the development of strong bones and muscles.



THE 3 TYPES OF PCOS EXERCISE

RESISTANCE EXERCISE



WHAT IS IT
Resistance training is things like weights that help to build lean muscle tissue & improve metabolism.

HOW OFTEN
Ideally, perform between 2-5 resistance sessions per week.

RESTORATIVE EXERCISE



WHAT IS IT
Restorative exercise is things like slow walking, yoga, stretching etc. Anything that will help to have a restorative effect on your body.

HOW OFTEN
Ideally, perform between 1-4 restorative sessions per week.

HIIT EXERCISE



WHAT IS IT
HIIT stands for High Intensity interval Training and is short (10-20min) Bursts of intense exercise.

HOW OFTEN
Ideally, perform between 1-2 HIIT sessions per week.

PCOS 15min HIIT Workout

Perform each exercise for 30 seconds followed by a 20 second rest. 3-4 rounds total.

<p>1 Squats</p>	<p>2 Step Ups</p>
<p>3 Push Ups</p>	<p>4 Plank</p>
<p>5 Jumping Jacks</p>	<p>6 Burpee</p>

It is advised to engage in at least 30 minutes of exercise for PCOS treatment like aerobic physical activity each day. You can incorporate exercise into your life in a variety of ways, such as the following:

- Make up your exercise routine that consists of setting up six stations and working out for one to two minutes at each one. Exercises like lunges, bicep curls, crunches, and jumping jacks are examples.
- Daily walking on a treadmill or outside should last 30 to 45 minutes.
- Online or in a gym, attend an aerobics class. The following are some examples: spinning, boxing, and dancing.
- Utilize online or in-person HIIT training. You may finish a variety of at-home workout tutorials on YouTube. Just be certain the provider of the regimen is reliable.
- Utilize an online class, a studio, or a gym to practice yoga, Pilates, or tai chi. If you have never practiced, you might want to ask a trainer for advice so they can assess your form and safety.

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**CANCER DETECTION-ON-WHEEL
ALIPORE HOSPITAL**

District 3060
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Chikhli River Front

Alipore Hospital

BEST EXERCISE FOR PCOS

High Intensity Interval Training (HIIT)
High intensity interval training (HIIT) encompasses a broad spectrum of activities such as indoor or outdoor walking and running, bodyweight circuits, and other cardio machine workouts. The key is to cycle intervals of intense work with moderate periods of rest.

Swimming
Swimming is a great form of aerobic exercise. It has the ability to keep your heart rate up, ensuring a good workout, but eliminates the stress placed on joints by other forms of exercise.

Strength Training
Strength training allows the body to burn fat and improve blood sugar levels, in much the same way as cardio, while also maximizing the potential for muscle growth and overall strength. Barre classes, machine circuits, and weight lifting are all excellent choices. Bodyweight workouts require no equipment and very little space and can be done easily in the home.

Yoga
Yoga is a true mind-body exercise. While it builds muscle, which in turn, combats insulin resistance, it can increase heart rate, leading to weight loss. It may also promote hormonal balance and deep relaxation, helping to bring the adrenal and cortisol levels in check, and assisting in healing from chronic inflammation. Some research indicates it is beneficial for anxiety symptoms, reducing hirsutism, improving menstrual frequency, improving glucose, lipid, and insulin values.

Cycling
Although it can be used in interval training, the pace can easily be suited to account for a lower impact workout, one that still provides countless benefits to the body. Building lean muscle, strengthening bone density, increasing flexibility, and reducing stress are all counted among the common benefits of cycling.

There's no miracle pill that will take away your PCOS, but trying some of these workouts can help you manage your symptoms and learn to nurture your health and love your body in the process. The key is to find something you enjoy doing (be it one of the types above, or dancing, tennis, walking, etc.) and do it regularly. It is good for the mind, body, and spirit.

PCOS EXERCISE PLAN

1 DAY
• Brisk Walk for 30 mins.
• Keep breathing deeply through your nose. Avoid breathing through mouth at all points.

2 DAY
• Yoga for 15 mins – Include different yoga poses such as butterfly pose, Moving the grinding wheel, Cobra pose
• 4-5 cycles of Sun Salutation
• 10 mins of Deep Breathing exercises

3 DAY
• Brisk Walk for 30 mins.
• Keep breathing deeply through your nose.
• Avoid breathing through mouth at all points.

4 DAY
• 30-40 mins of bicycling, swimming, or brisk walking.
• Alternatively, you can do cycling motion (10 mins) in the bed while keeping your legs raised. And 10 mins of breathing exercises.

7d

5 DAY
• Yoga for 15 mins – Include different yoga poses such as butterfly pose, Moving the grinding wheel, Cobra pose
• 4-5 cycles of Sun Salutation
• 10 mins of Deep Breathing exercises

6 DAY
• 10-20 cycles of squats
• 5-10 mins of jumping jacks or skipping the rope
• 20 cycles of lunges

7 DAY
• Brisk Walk for 30 mins.
• Keep breathing deeply through your nose. Avoid breathing through mouth at all points.

www.medhyaherbals.com

Lifestyle changes

In overweight women, the symptoms and overall risk of developing long-term health problems from PCOS can be greatly improved by losing excess weight.

Weight loss of just 5% can lead to a significant improvement in PCOS.

You can find out whether you're a healthy weight by calculating your body mass index (BMI), which is a measurement of your weight in relation to your height. A normal BMI is between 18.5 and 24.9. Use the BMI healthy weight calculator to work out whether your BMI is in the healthy range.

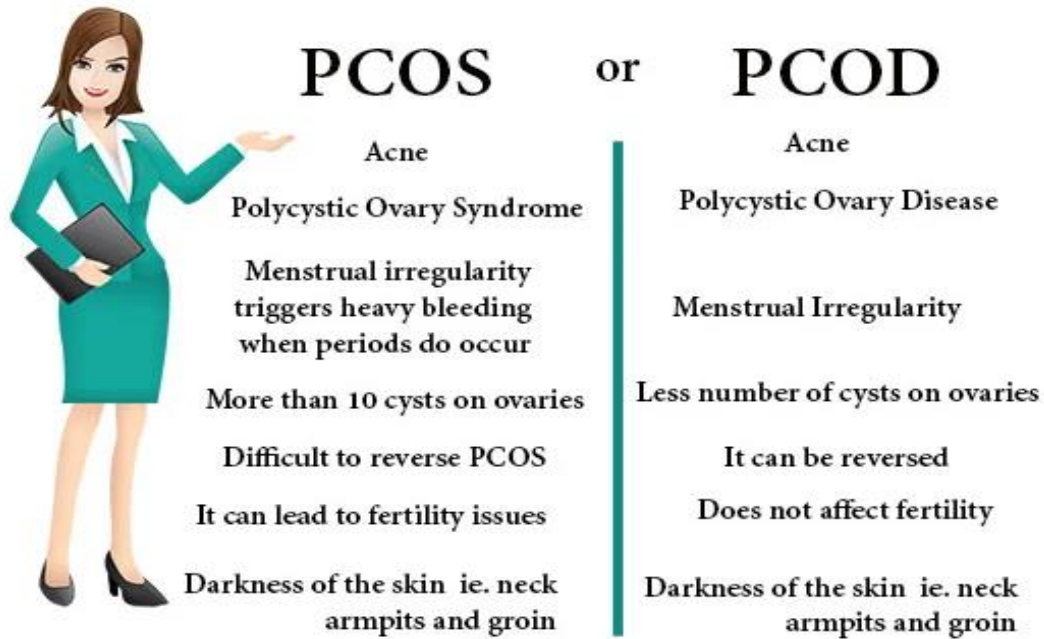
You can lose weight by exercising regularly and eating a healthy, balanced diet. Your diet should include plenty of fruit and vegetables, (at least 5 portions a day), whole foods (such as wholemeal bread, wholegrain cereals and brown rice), lean meats, fish and chicken.

Your GP may be able to refer you to a dietitian if you need specific dietary advice. Read more about losing weight, healthy eating and exercise.

Polycystic ovary syndrome (PCOS) cannot be cured, but the symptoms can be managed.

Treatment options can vary because someone with PCOS may experience a range of symptoms, or just 1.

The main treatment options are discussed in more detail below.



Medicines

A number of medicines are available to treat different symptoms associated with PCOS. There are a number of medications that can help with polycystic ovary syndrome (PCOS), including:

- Clomiphene
- A common treatment for PCOS-related infertility, clomiphene can help stimulate ovulation by blocking estrogen. However, it can cause side effects like mood changes and hot flashes.
- Metformin
- This medication can help regulate menstrual cycles and promote weight loss. It can also help lower insulin and androgen levels. A common side effect is an upset stomach, but this can usually be managed by taking metformin with food and gradually increasing the dose.
- Hormonal birth control
- This can help regulate menstrual cycles, reduce the risk of endometrial cancer, and improve acne.
- Spironolactone
- This medication can help lower androgen levels in the skin. It can take up to six months to see positive results.
- Rosiglitazone and pioglitazone

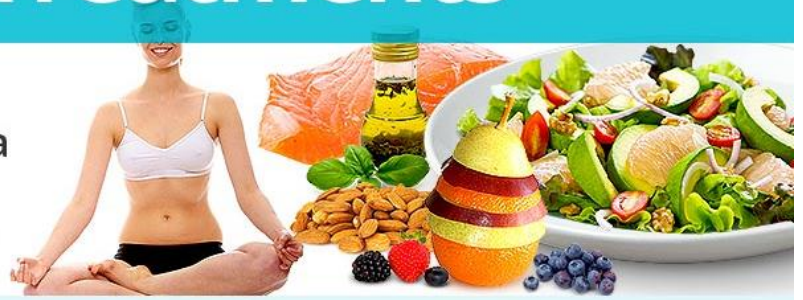
These medications can help with hirsutism and insulin resistance.

This booklet is for informational purposes only. For medical advice or diagnosis, consult a professional.

When choosing a treatment, your doctor will consider your comorbidities, your desire for pregnancy, and how PCOS affects you specifically.

PCOS Treatments

INITIAL STEPS: Lifestyle adjustments that include a nutritious diet, regular exercise, and good habits.



TWO LEVELS OF TREATMENT



Alternative Medicine

- Phytoestrogenic supplements
- Hormone-regulating supplements
- Other Herbal supplements

Pharmaceutical Options

- Hormone treatments
- Anti-androgen
- Anti-diabetic drugs



Irregular or absent periods

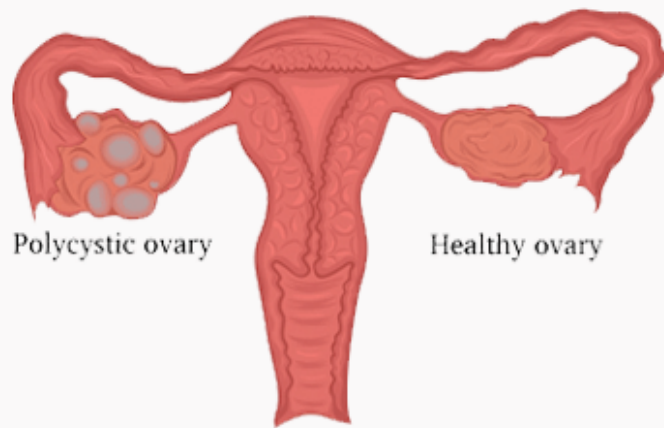
The contraceptive pill may be recommended to induce regular periods, or periods may be induced using an intermittent course of progestogen tablets (which are usually given every 3 to 4 months, but can be given monthly).

This will also reduce the long-term risk of developing cancer of the womb lining (endometrial cancer) associated with not having regular periods.

Other hormonal methods of contraception, such as an intrauterine system (IUS), will also reduce this risk by keeping the womb lining thin, but they may not cause periods.



Polycystic Ovary Syndrome



PCOS and Fertility

Fertility problems

A medicine called clomifene may be the first treatment recommended for women with PCOS who are trying to get pregnant.

Clomifene encourages the monthly release of an egg from the ovaries (ovulation). If clomifene is unsuccessful in encouraging ovulation, another medicine called metformin may be recommended.

Metformin is often used to treat type 2 diabetes, but it can also lower insulin and blood sugar levels in women with PCOS.

As well as stimulating ovulation, encouraging regular monthly periods and lowering the risk of miscarriage, metformin can also have other long-term health benefits, such as lowering high cholesterol levels and reducing the risk of heart disease.

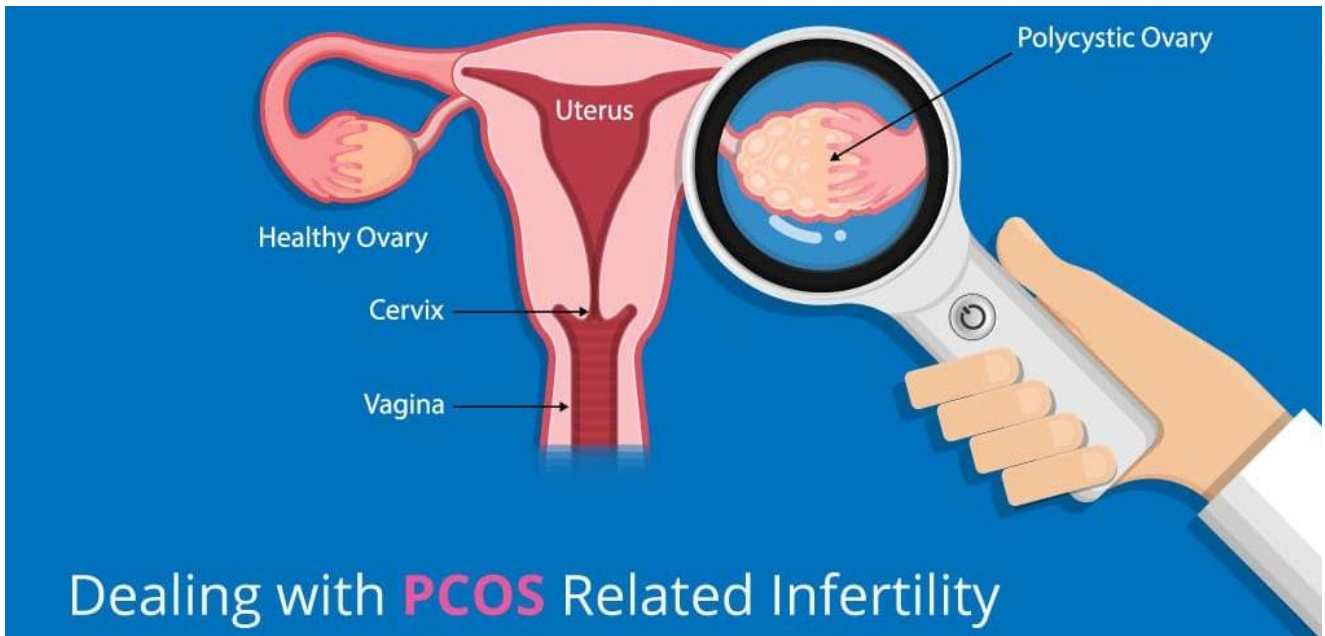
Metformin is not licensed for treating PCOS in the UK, but because many women with PCOS have insulin resistance, it can be used "off-label" in certain circumstances to encourage fertility and control the symptoms of PCOS.

Possible side effects of metformin include nausea, vomiting, stomach pain, diarrhoea and loss of appetite.

As metformin can stimulate fertility, if you're considering using it for PCOS and not trying to get pregnant, make sure you use suitable contraception if you're sexually active.

You can read a summary of the possible benefits and harms of metformin for PCOS from the National Institute of Health Care Excellence.

Letrozole is sometimes used to stimulate ovulation instead of clomifene. This medicine can also be used for treating breast cancer. Use of letrozole for fertility treatment is "off-label". This means that the medicine's manufacturer has not applied for a licence for it to be used to treat PCOS.



Dealing with **PCOS** Related Infertility

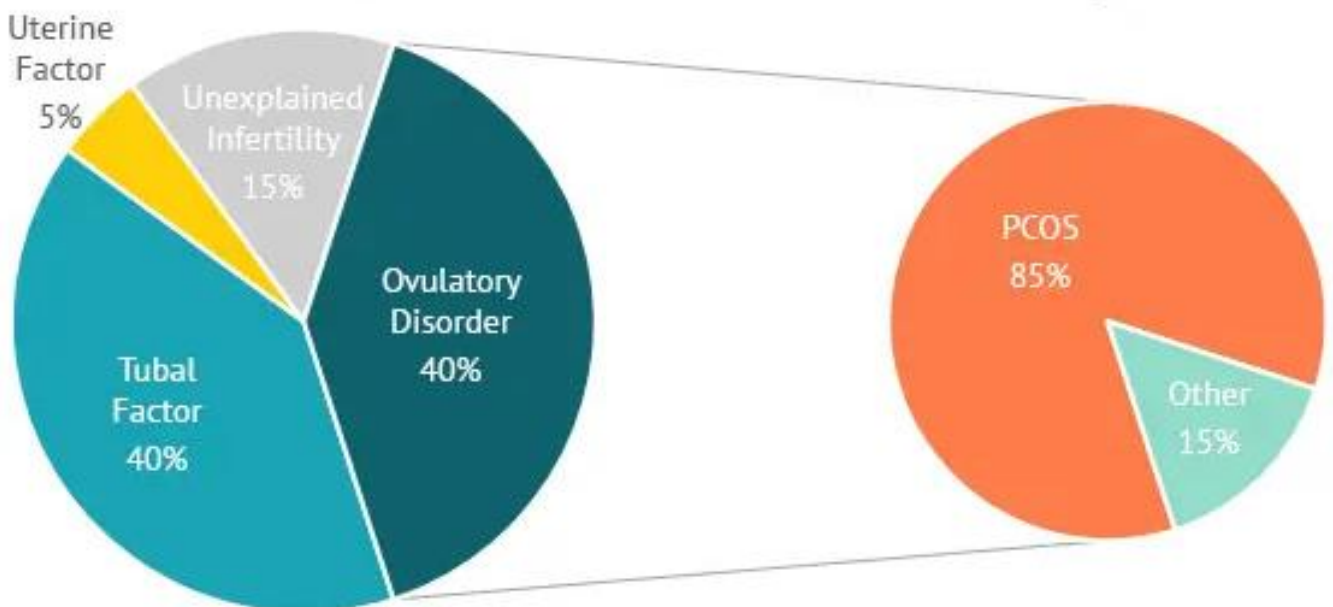
In other words, although letrozole is licensed for treating breast cancer, it does not have a license for treating PCOS.

Doctors sometimes use an unlicensed medicine if they think it's likely to be effective and the benefits of treatment outweigh any associated risks.

If you're unable to get pregnant despite taking oral medicines, a different type of medicine called gonadotrophins may be recommended.

These are given by injection. There's a higher risk that they may overstimulate your ovaries and lead to multiple pregnancies.

Causes of Female Infertility



UNWANTED HAIR GROWTH AND HAIR LOSS

The combined oral contraceptive pill is usually used to treat excessive hair growth (hirsutism) and hair loss (alopecia).

A cream called eflornithine can also be used to slow down the growth of unwanted facial hair.

This cream does not remove hair or cure unwanted facial hair, so you may wish to use it alongside a hair removal product.

Improvement may be seen 4 to 8 weeks after treatment with this medicine.

Eflornithine cream is not always available on the NHS because some local NHS authorities have decided it's not effective enough to justify NHS prescription.

If you have unwanted hair growth, you may also want to remove the excess hair by using methods such as plucking, shaving, threading, creams or laser removal.

Laser removal of facial hair may be available on the NHS in some parts of the UK.

Sometimes medicines called anti-androgens may also be offered for excessive hair growth, which may include

- cyproterone acetate
- spironolactone
- flutamide
- finasteride

These medicines are not suitable if you are pregnant or trying to get pregnant.

For hair loss from the head, a minoxidil cream may be recommended for use on the scalp. Minoxidil is not suitable if you are pregnant or trying to get pregnant.

Other symptoms

Medicines can also be used to treat some of the other problems associated with PCOS, including:

- weight-loss medicine, such as orlistat, if you're overweight
- cholesterol-lowering medicine (statins) if you have high levels of cholesterol in your blood
- acne treatments



IVF TREATMENT

If you have PCOS and medicines do not help you to get pregnant, you may be offered in vitro fertilisation (IVF) treatment. This involves eggs being collected from the ovaries and fertilised outside the womb. The fertilised egg or eggs are then placed back into the womb. IVF treatment increased the chance of having twins or triplets if you have PCOS.



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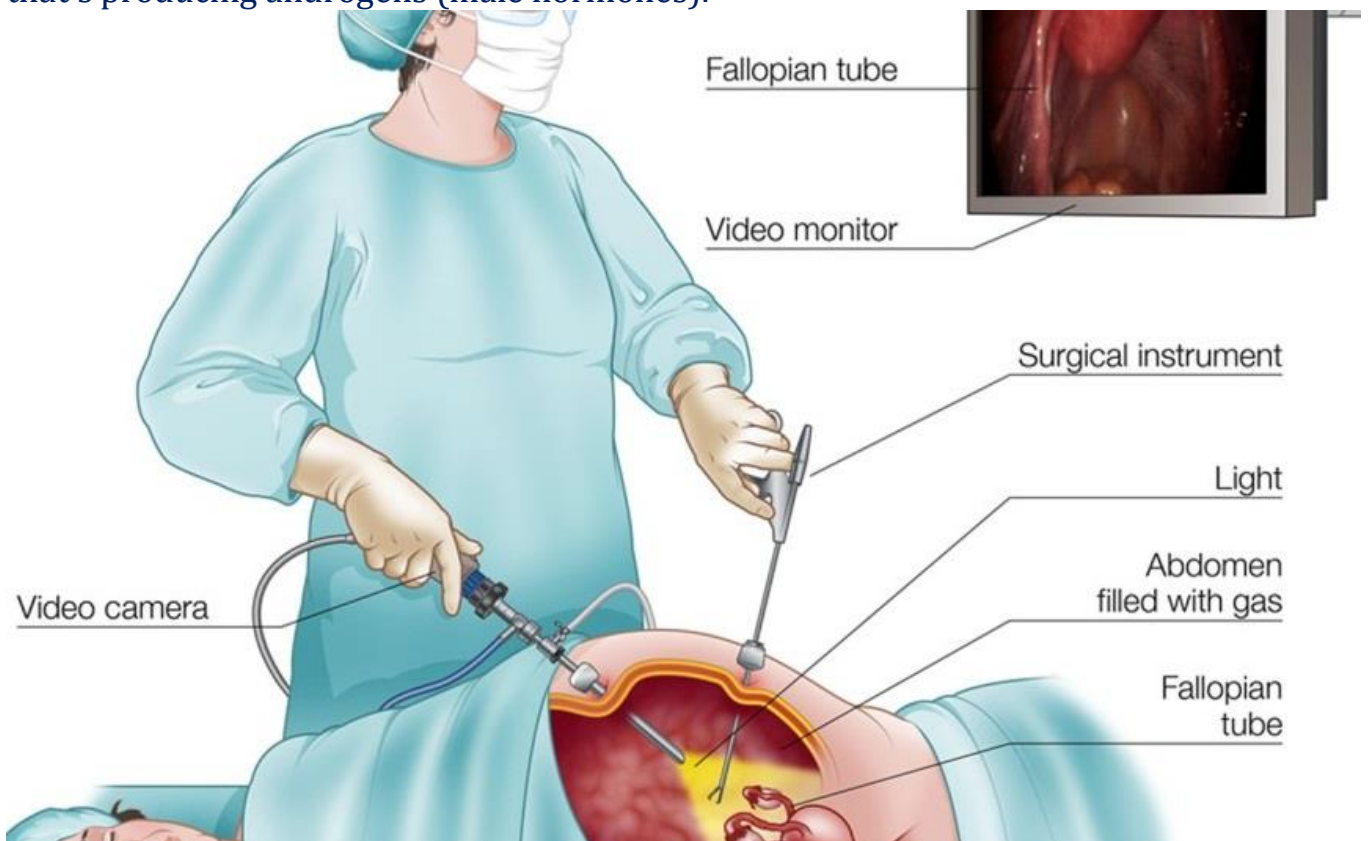
Laparoscopic

Ovarian Drilling for PCOS



A minor surgical procedure called laparoscopic ovarian drilling (LOD) may be a treatment option for fertility problems associated with PCOS that do not respond to medicine.

Under general anaesthetic, your doctor will make a small cut in your lower tummy and pass a long, thin microscope called a laparoscope through into your abdomen. The ovaries will then be surgically treated using heat or a laser to destroy the tissue that's producing androgens (male hormones).



Indications for doing Ovarian Drilling:

- + Women who fail to ovulate even on ovulation inducing medicines
- + Women with high LH (Luteinizing Hormone) levels
- + Women who do not ovulate and are undergoing Laparoscopy for tubal evaluation



LOD has been found to lower levels of testosterone and luteinising hormone (LH), and raise levels of follicle-stimulating hormone (FSH).

This corrects your hormone imbalance and can restore the normal function of your ovaries.

How Polycystic Ovary Syndrome (PCOS) Impacts the Stages of Pregnancy

Can interfere with ovulation and impact fertility

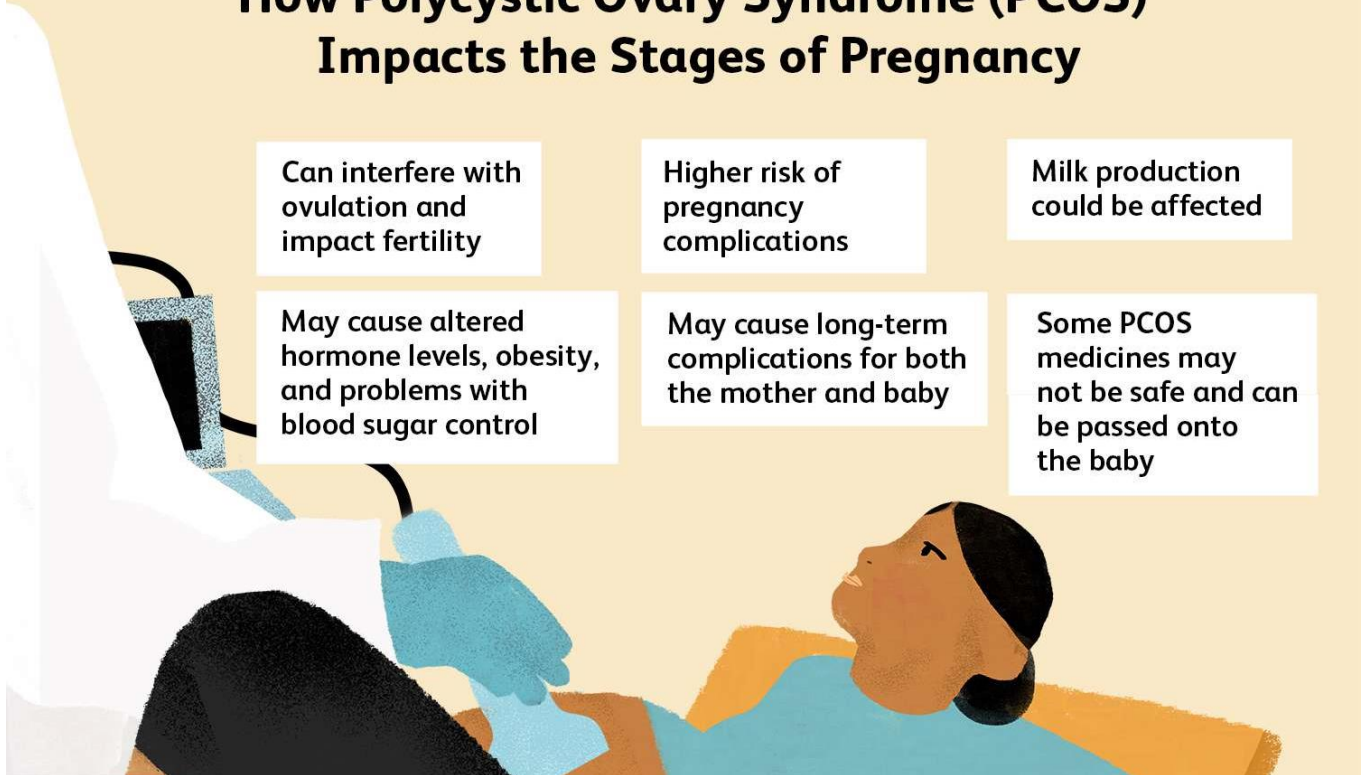
Higher risk of pregnancy complications

Milk production could be affected

May cause altered hormone levels, obesity, and problems with blood sugar control

May cause long-term complications for both the mother and baby

Some PCOS medicines may not be safe and can be passed onto the baby



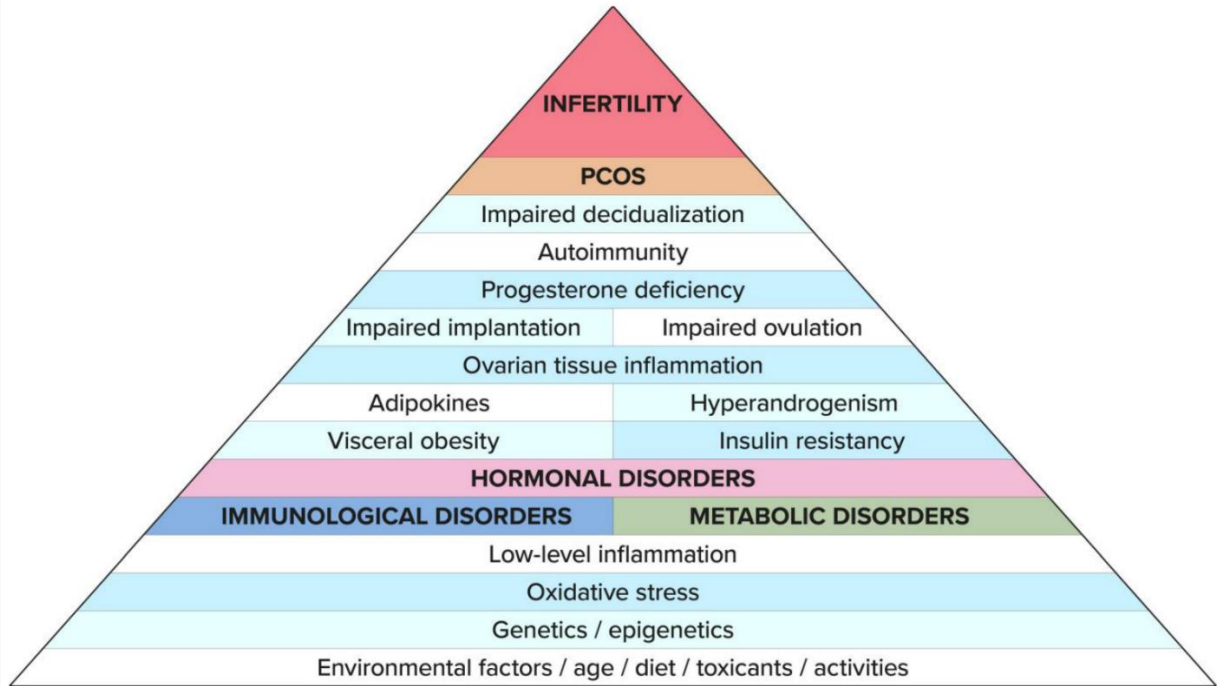
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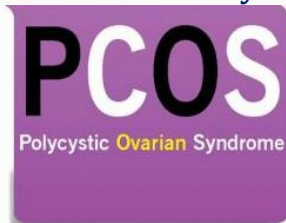
PREGNANCY RISKS

If you have PCOS, you have a higher risk of pregnancy complications, such as high blood pressure (hypertension), pre-eclampsia, gestational diabetes and miscarriage.



Difficulty getting pregnant

These risks are particularly high if you're obese. If you're overweight or obese, you can lower your risk by losing weight before trying for a baby.



Affects 1 in 10 women. PCOS is the most common problem in Reproductive Age Group (18 to 45 years). Upto 70% of them go UNDIAGNOSED!

Common Symptoms



Abnormal Weight Gain



Acne and/or Excessive Facial Hair Growth



Irregular Periods



Anxiety & Depression



Infertility & Pregnancy Complications



- How will I know for sure if I have PCOS
- Is PCOS Curable
- Is it possible to conceive naturally with PCOS



To know more about PCOS Screening Visit our website

Comprehensive PCOS Care Clinic



Top PCOS and Fertility Facts



What Is PCOS?

Polycystic Ovarian Syndrome is a hormonal condition causing high androgen levels, irregular menstruation, and irregular ovulation.

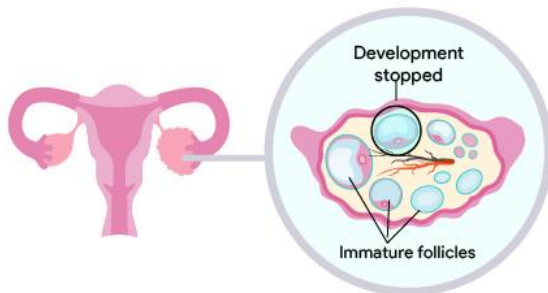


Infertility Rates In People with PCOS



70-80% of those with PCOS may struggle with infertility. PCOS is one of the most common but treatable causes of infertility in women.

How Does PCOS Cause Infertility?



PCOS can result in enlarged ovaries and immature eggs. Hormonal imbalances cause irregular ovulation, making it harder to get pregnant.

Chance of Conceiving with PCOS

You may still get pregnant if ovulating normally. A fertility specialist could help with various treatment options if conception is unsuccessful.

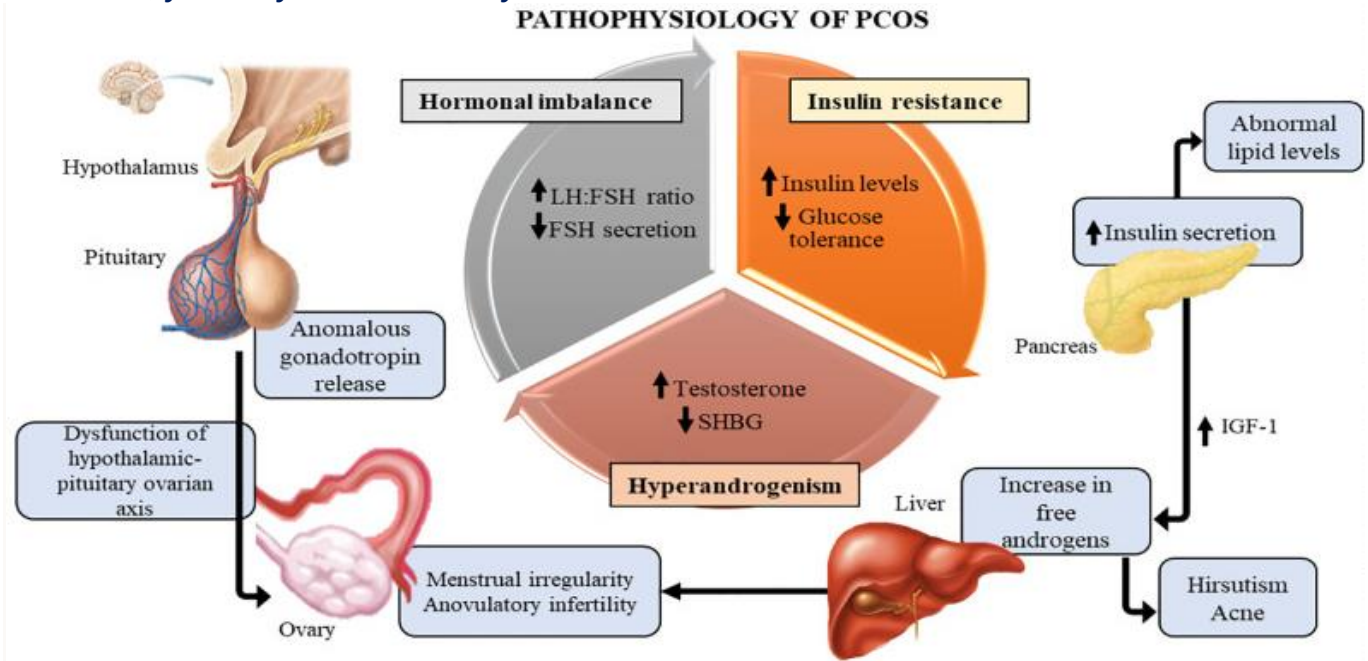
Fertility Treatment Options for PCOS

Ovulation induction, medications, intrauterine insemination, and In vitro fertilization (IVF) are some treatments to help you get pregnant despite PCOS.



Is PCOS genetic?

Researchers are learning more about the causes of PCOS. However, some evidence shows PCOS has a genetic or hereditary component. This means if your biological parent has PCOS, you may be more likely to have it, too.



	ENDOMETRIOSIS		PCOS	
LIFE HISTORY	Earlier Menarche	Earlier Menopause	Later Menarche	Later Menopause
REPRODUCTIVE PHYSIOLOGY	Faster Folliculogenesis	Shorter Menstrual cycles	Slower Folliculogenesis	Longer Menstrual cycles
	Upregulated Decidualization		Downregulated Decidualization	
MORPHOLOGY	Lower BMI	Lower WHR	Higher BMI	Higher WHR
	Gynoid Fat distribution	Lower Muscle mass	Android Fat distribution	Higher Muscle mass
HORMONES	Lower LH/FSH	Lower AMH	Higher LH/FSH	Higher AMH
	Higher E2/T	Higher OT	Lower E2/T	Lower OT
	Higher β		Lower β	
EARLY DEVELOPMENT	Shorter AGD		Longer AGD	

PCOS vs. Endometriosis

PCOS

- Metabolic disorder
- Ovaries and adrenal glands produce too much androgen hormone
- Multiple cysts found in the ovaries

Endometriosis

- Chronic pelvic pain
- Endometrial tissue grows outside the uterus and damages other organs



**ROTARY CLUB OF
CHIKHLI RIVER FRONT**

LIVING WITH PCOS

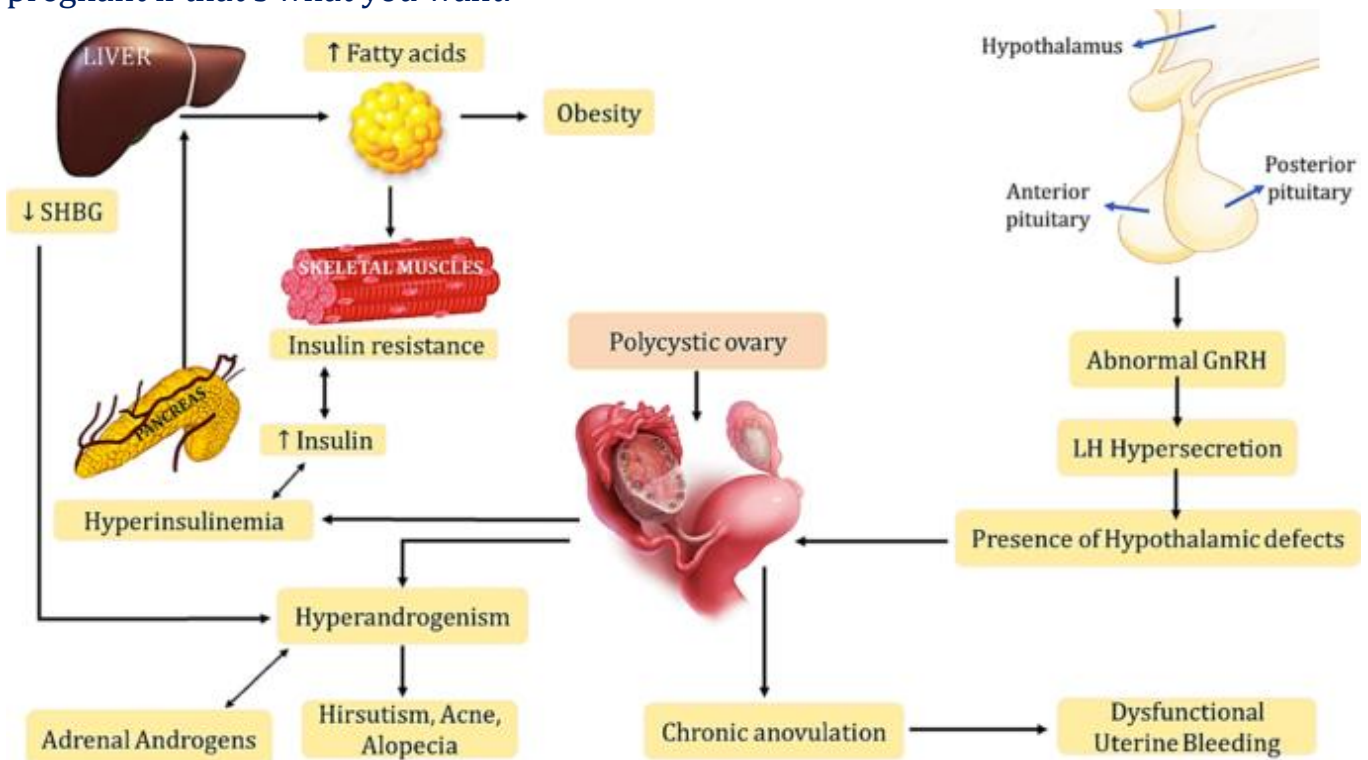


How do I cope with PCOS?

One of the best ways to cope with PCOS is to maintain a healthy bodyweight, eat nutritious foods and exercise regularly. These changes to your lifestyle can affect hormone levels, in turn regulating your menstrual cycle and easing your symptoms.

If excess hair growth or acne is hurting your confidence, cosmetic treatments or working with a dermatologist might be helpful.

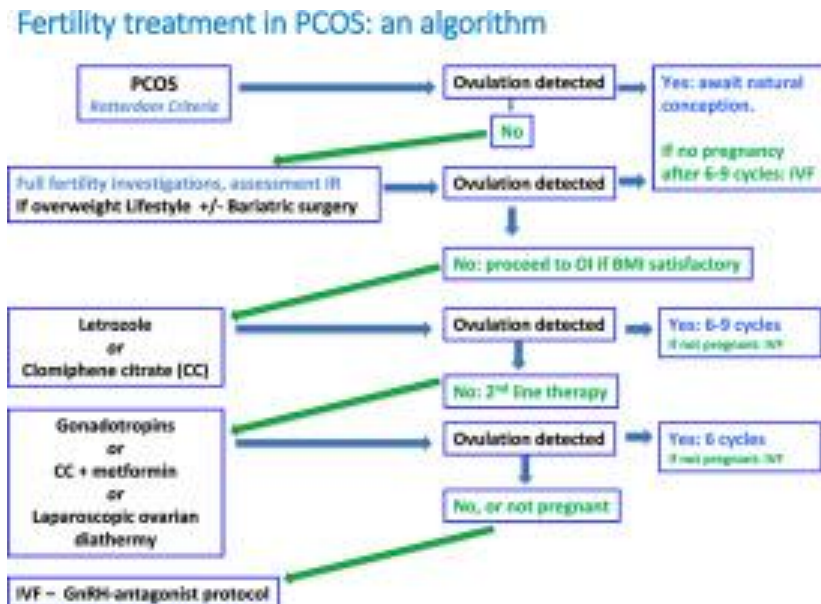
Finally, if you're trying to conceive and have PCOS, know that you're not alone. Nearly 1 in 10 people have PCOS. Your healthcare provider will work with you to help you get pregnant if that's what you want.



What hormones affect PCOS?

People with PCOS have a hormonal imbalance that disrupts their menstrual cycle, ovulation and possibly, conception. These hormones are like an intricate web and the function of your reproductive system relies heavily on its balance. The hormones that play a role in PCOS are:

- Androgens (like testosterone and androstenedione).
- Luteinizing hormone (LH).
- Follicle-stimulating hormone (FSH).
- Estrogen.
- Progesterone.
- Insulin.



WHAT'S THE DIFFERENCE BETWEEN PCOS AND ENDOMETRIOSIS?

PCOS and endometriosis are different conditions, but both can cause ovarian cysts and infertility. Endometriosis is a condition where the lining of your uterus (endometrium) grows in other places like your ovaries, vagina or fallopian tubes. It typically causes pelvic pain or severe menstrual cramps. People with PCOS have irregular periods, unpredictable ovulation and other physical side effects due to excess male hormones.

PCOS is a common condition that affects your menstrual cycle and causes other symptoms.

Talk to your healthcare provider about your symptoms if you suspect you have PCOS.

Lifestyle changes and medical treatments can help you manage the symptoms, lower your risk of other health conditions and help you get pregnant (if pregnancy is your goal).

Getting a PCOS Diagnosis

- Complete physical examination with an emphasis on evaluating symptoms of increased androgen levels
- Medical history that includes the regularity of your menstrual cycle and family history
- Pelvic examination
- Blood tests
- Imaging to detect cysts on the ovaries



WHEN SHOULD I SEE MY HEALTHCARE PROVIDER?

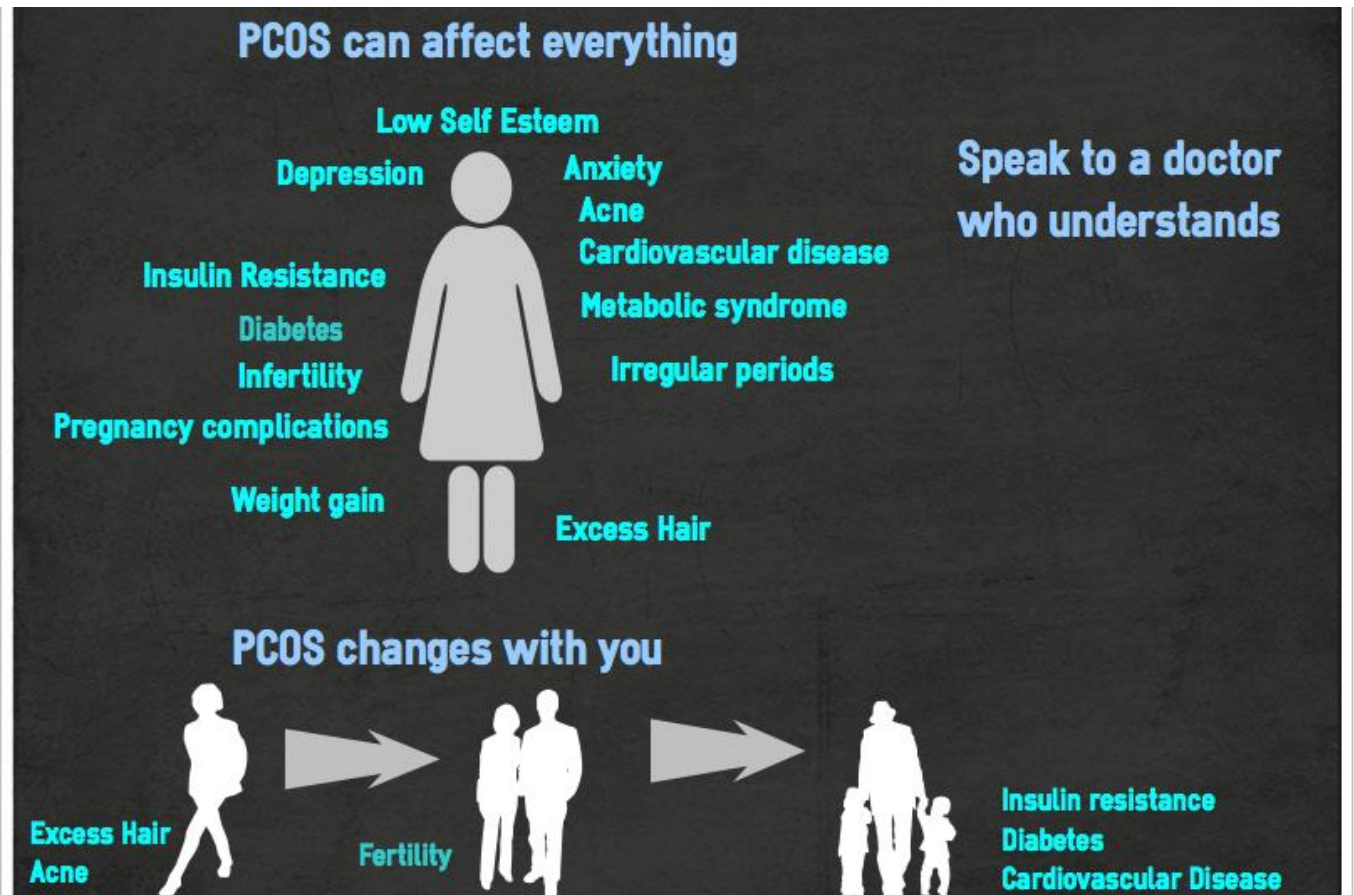
Contact a healthcare provider if you suspect you have PCOS. Some signs that may point to PCOS include:

- An irregular menstrual cycle. Menstrual cycles are often long (longer than 40 days between periods).
- Excess hair growth, acne or other signs of excess androgen hormones.

Did you know?

Every 1 in 5 girls has
PCOS (polycystic ovaries)
And it is **NOT** a disease!





When to Talk with a Doctor or a Trainer?

It is usually a good idea to discuss lifestyle modifications with your doctor when you have PCOS in order to enhance your health. If you have any medical conditions that could limit your ability to exercise, it's especially crucial to discuss these with your doctor when it comes to exercise for PCOS. Examples include problems relating to the heart or arthritis.

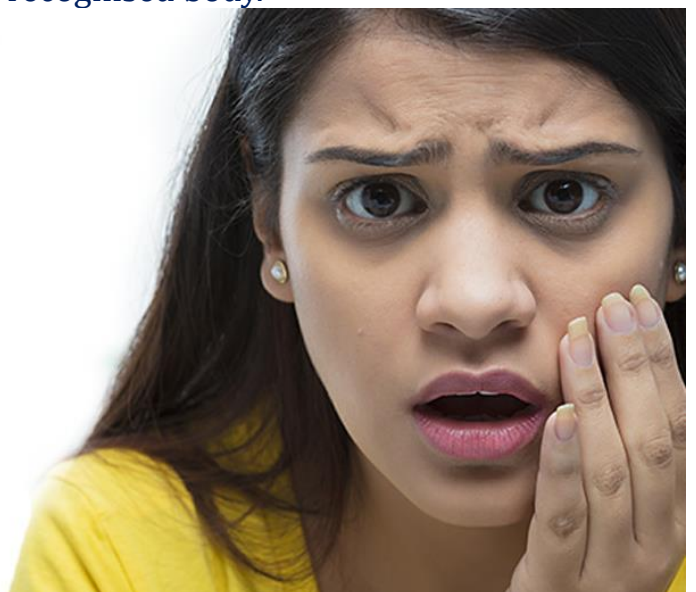
It could be a good idea to speak with a personal trainer if you haven't exercised in a while or don't have a strong foundation in exercise safety or basic form. Your personal trainer ought to be certified in fitness by a recognised body.

Are you facing these?

- Severe Acne
- Excessive Facial Hair
- Frequent Mood Swings

It could be **PCOS!**

[Check Now](#)





આલીપોર હોસ્પિટલ



નેશનલ હાઈવે નં. ૪૮, આલીપોર. તા. ચીખલી, જી. નવસારી. ફોન : (૦૨૬૩૪) ૨૩૩૧૪૬, ૨૩૪૧૪૬, ૨૩૧૭૪૨

પ્રસુતિ તથા સ્ત્રી-રોગની સારવાર

૨૪ કલાક
ઈમરજન્સી
સુવિધા

ડૉ. સ્વાતિ પાડવી

MD (Obs. & Gynecologist)

- લેખરૂમ, નોર્મલ ડિલીવરી
- જોખમી ડિલીવરી તથા પીડારહિત ડિલીવરી
- સીઝેરીયન ઓપરેશન
- ગર્ભાશયનું ટાંકાવાળું તથા ટાંકા વગરનું ઓપરેશન

ગર્ભવતી માતાની સંપૂર્ણ કાળજી નિદાન અને સારવાર,
સ્ત્રીરોગને લગતી અન્ય તકલીફો
જેવી કે માસિકની અનિયમિતતા તેમજ
પેટાને લગતી તકલીફો તથા ત્યાંની ગાંઠોનું
નિદાન તથા સારવાર.

નિઃસંતાનપણાની વૈજ્ઞાનિક અને આધુનિક સારવાર

ઉત્તમ સારવાર સૌથી સસ્તા દરે





આલીપોર સોશયલ વેલ્ફેર ટ્રસ્ટ સંચાલિત

દરેક સારવાર એક જ છત્ર નીચે સહકરે ઉપલબ્ધ

આલીપોર હોસ્પિટલ



નેશનલ હાઇવે નં. ૪૮, આલીપોર. તા. ચીખલી, જી. નવસારી.

ફોન : (૦૨૬૩૪) ૨૯૬૧૪૬, ૨૯૬૧૪૭, ૨૩૩૧૪૬, ૨૩૪૧૪૬, મો. . ૯૪૮૪૯ ૪૧૦૦૬

દર ગુરુવારે
મફત
ઓપીડી

ફિઝિશિયન, જનરલ સર્જરી,
ઓર્થોપેડીક, ગાયનેક તથા
બાળરોગ વિભાગના
દર્દીઓ માટે
ઓ.પી.ડી. ફ્રી

જનરલ મેડીસીન વિભાગ (ફિઝિશિયન)

ડૉ. સૌરભ પટેલ

M.D. (General Medicine),
Fellowship in 2D Echo

ડૉ. યુનુસ માયત

M.D. (Physician)

ઓર્થોપેડિક વિભાગ

ડૉ. હિતેષકુમાર કાછડીયા

MBBS, D. Ortho, FIAA
(Orthopaedic Surgeon)

જનરલ સર્જરી વિભાગ

ડૉ. ફૈઝ મુલ્તાની

M.S. (General Surgery)

ગાયનેક વિભાગ

ડૉ. સ્વાતિ પાડવી

MD (OBS & Gynec)

બાળરોગ વિભાગ

ડૉ. શ્રેયા પટેલ

MD, Paediatrics and
Neonatologist (FNNF)

ડૉ. ફૈઝ મુલ્તાની

M.S. (General Surgeon)

લેપ્રોસ્કોપી તથા જનરલ સર્જન
દૂરબીનથી થતા ઓપરેશનના નિષ્ણાંત

સમય : કુલ ટાઈમ દરરોજ

સવારે ૧૧ થી ૨ સાંજે ૪ થી ૬

- સારણગાંઠ, હાર્ડફ્રેસીલ, એપેન્ડીક્ષના ઓપરેશન
- હરસ-મસા, ભગંદર, પીતાશયની પથરીની સારવાર તથા ઓપરેશન
- શરીરની કોઈપણ નાની મોટી ગાંઠનું સચોટ નિદાન તથા સારવાર
- જુનો કબજિયાત તથા એસીટીડી, સુગરના લીધે સડી ગયેલા પગ (ડાયાબિટીક ફૂટ) ની સારવાર
- કોઈ પણ રીતે ઘડેલાની સારવાર
- હરસ - મસા, ફિશર, ભગંદરની કાપ વગર લેઝરથી સારવાર
- થાઈરોઈડ તથા પેટના આંતરડાના તમામ રોગોની સારવાર તથા ઓપરેશનો
- અકસ્માતનાં કેસોની સારવાર
- આધુનિક પદ્ધતિ દ્વારા બાળકોની ખતના (Circumcision) કરી આપવામાં આવશે.



ડૉ. હિતેશકુમાર કાછડીયા

Orthopedic Surgeon

હાડકાના રોગોના નિષ્ણાંત

દરરોજ સવારે ૧૦ થી સાંજે ૫

- હાડકાના રોગોના તથા ફ્રેક્ચરના નિષ્ણાંત
- સંધિવાના રોગોની સારવાર
- કમરના દુ:ખાવા તેમજ ઓસ્ટીયોપોરાસીસની સારવાર
- ઘુંટણ અને થાપાના સાંધા બદલવાની સર્જરી
- ખભા અને ઘુંટણના દૂરબીનથી થતા ઓપરેશનો
- ઘુંટણ તથા સાંધાના ઘસારા માટે કુદરતી સાંધો બચાવવા માટેના ઓપરેશન
- દરેક પ્રકારના ફ્રેક્ચરની IITV ગાઈડેડ સારવાર
- અકસ્માતના કેસો, તમામ પ્રકારના ફ્રેક્ચરના ઓપરેશનો
- સ્પોર્ટ્સ ઈન્જરી, રમત-ગમત દરમિયાન થતી સ્નાયુઓ તથા લીગામેન્ટની ઈજાઓની આધુનિક ટેકનોલોજીથી સારવાર



પ્રસુતિ તથા સ્ત્રી-રોગની સારવાર

ડૉ. સ્વાતિ પાડવી

MD (Obs. & Gynecologist)

- લેબરરૂમ, નોર્મલ ડિલિવરી
- બ્રેકમી ડિલિવરી તથા પીડારહિત ડિલિવરી
- સીઝેરીયન ઓપરેશન
- ગર્ભાશયનું ટાંકાવાળું તથા ટાંકા વગરનું ઓપરેશન

ગર્ભવતી માતાની સંપૂર્ણ કાળજી નિદાન અને સારવાર, સ્ત્રીરોગને લગતી અન્ય તકલીફો જેવી કે માસિકની અનિયમિતતા તેમજ પેટાને લગતી તકલીફો તથા ત્યાંની ગાંઠોનું નિદાન તથા સારવાર.

નિ:સંતાનપણાની વૈજ્ઞાનિક અને આધુનિક સારવાર

ઉત્તમ સારવાર સૌથી સસ્તા દરે



૨૪ કલાક ઈમરજન્સી સુવિધા



ડૉ. શ્રેયા પટેલ

(M.D. Paedia.)

દરરોજ સવારે 10 થી 1 સુધી

ઈમરજન્સી 24 કલાક

WE TAKE CARE OF
EVERY NEED OF
YOUR CHILD



નીચે પ્રમાણેના વક્ષો ધસવતા દર્દીઓની ઓપીડી તેમજ ઘણા દર્દી તરીકે સારવાર ઉપલબ્ધ

વક્ષો

- શરદી, ઉધરસ, ટાવ, ન્યુમોનીયા
- ડેન્ગ્યુ, મેલેરિયા, ટાયફોઈડ
- આંચકી
- ગ્રાડા, ઉલ્ટી, ડીહાઈડ્રેશન, પેટમાં દુ:ખાવો
- મગજમાં ટાવ
- બાળકોનો શારિરીક વિકાસ ન થવો
- ઝેરી કમળો
- રોડ એકસીડન્ટ ઈન્જરી
- કિડની / હૃદયને લગતી તકલીફો

ઉપલબ્ધ સારવાર

- દરેક પ્રકારના રસીકરણ (Vaccination)
- ઓકિસજન તથા નેબ્યુલાઈઝર દ્વારા સારવાર
- ડેન્ગ્યુ, મેલેરિયા, ન્યુમોનીયાના ગંભીર કેસોની એકસ્પર્ટ દ્વારા સારવાર
- અઘતન આઈસીયુ
- વેન્ટિલેટર તેમજ મોનિટરની સુવિધા સાથે 24 કલાક ઈમરજન્સી સારવાર
- લાલીમબદ્ધ નર્સિંગ સ્ટાફ દ્વારા ઉત્તમ સારવાર
- X-Ray - સોનોગ્રાફી - સીટી સ્કેન પેથોલોજી - 2DECHO

District 3060
Rotary
Chikhli River Front



Alipore Hospital

THE FOUR-WAY TEST

Of the things we think, say or do

First → Is it the **TRUTH**?

Second → Is it **FAIR** to all concerned?

Third → Will it build **GOODWILL** and
BETTER FRINDSHIPS?

Fourth → Will it be **BENEFICIAL** to all
concerned?

Stephanie A. Urchick
RI President 2024-25

Tushar Shah
District Governor 2024-25

“Hope lies in dreams, in imagination,
in the **courage of those who dare**
to make their dreams a reality”

Jonas Salk



Rotary
PEOPLE OF ACTION



“Everything we do opens another opportunity for someone, somewhere”

HOLGER KNAACK

**ROTARIANS
FIND A WAY
NOT AN EXCUSE**

**Rotary
Kushinagar**



Join Rotary

JOIN ROTARY INTERNATIONAL AND MAKE A GLOBAL IMPACT. ENGAGE

IN COMMUNITY SERVICE AND MEANINGFUL PROJECTS. NETWORK

WITH LEADERS AND BUILD LIFELONG FRIENDSHIPS. BE THE CHANGE;

JOIN ROTARY TODAY !

ro·ta·ry vol·un·teer

/'rōdərəē/

/,vələn'tir/

Agent of change, Person of action

Rotary:
where *talk* turns into *action*.



Time for FAMILY.
Time for WORK.
Time for COMMUNITY.



Time to make
A DIFFERENCE.

Time  FOR **Rotary**

District 3060

Rotary

Chikhli River Front





Alipore Social Welfare Trust
ALIPORE HOSPITAL

ROTARY CLUB OF CHIKHLI RIVER FRONT
&
ROTARY CLUB OF GANDEVI



**FOR CANCER DETECTION IN YOUR AREA
PLEASE CONTACT SUHEL SHAH +91-99794 93698**

R Recognize an ethical issue

O Obtain Information about the situation and others' interests and perceptions

T Test alternative actions from various perspectives

A Act consistently with your best judgment

R Reflect on your decision after acting

Y Yield to your ethical judgments

Rotary
The National Rotarians World

1. What action benefits me most?
2. What action do my friends think I should do?
3. What action would produce the greatest amount of good and the least amount of harm?
4. What action respects the integrity of every person?

ROTARY CLUB OF CHIKHLI RIVER FRONT

Rotary

"Service Above Self"

"One Profits Most Who Serves Best"

Our Two Mottos

JOIN ROTARY
CONTACT
RTN SWETAL DESAI
+91-8511103499

Rotary THE MAGIC OF ROTARY



WHAT IS ROTARY?

Rotary is a global network of 1.4 million neighbours, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.

Solving real problems takes real commitment and vision. For more than 110 years, Rotary's people of action have used their passion, energy, and intelligence to take action on sustainable projects. From literacy and peace to water and health, we are always working to better our world, and we stay committed to the end.

WHAT WE DO

Rotary members believe that we have a shared responsibility to take action on our world's most persistent issues. Our 46,000+ clubs work together to:

- Promote peace
- Fight disease
- Provide clean water, sanitation, and hygiene
- Save mothers and children
- Support education
- Grow local economies
- Protect the environment

OUR MISSION

We provide service to others, promote integrity, and advance world understanding, goodwill, and peace through our fellowship of business, professional, and community leaders.

VISION STATEMENT

Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves.

DIVERSITY, EQUITY, AND INCLUSION

As a global network that strives to build a world where people unite and take action to create lasting change, Rotary values diversity and celebrates the contributions of people of all backgrounds, regardless of their age, ethnicity, race, colour, abilities, religion, socioeconomic status, culture, sex, sexual orientation, and gender identity.

YOUR TIME, ENERGY, AND A PASSION TO IMPROVE YOUR WORLD ARE ALL YOU NEED TO GET INVOLVED WITH ROTARY.

Become one of Rotary's people of action or explore the many opportunities we have for anyone — whatever your age or interest — who wants to improve lives in communities near and far. Connect with a local Rotary club to find out how you can get involved.

JOIN ROTARY, BE A ROTARIAN! CONTACT SWETAL DESAI +91-8511103499

Thank you
FOR YOUR SUPPORT

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ROTARY CLUB OF CHIKHLI RIVER FRONT

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For medical advice or diagnosis, consult a professional.**