

What is P.C.O.S ?

Polycystic Ovarian Syndrome is one of the most complex female health issues of our time.

It is also the most common endocrine disorder in women of reproductive age.

PCOS can be accompanied by variety of health issues, and can directly impact fertility. Classically PCOS presents with irregular menses, abnormal hair growth , weight gain etc, but not all women diagnosed with PCOS will have all these symptoms .



Understanding P.C.O.S.!

A Holistic approach

Call to register

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Signs & Symptoms of P.C.O.S.

- Irregular menstrual cycles
- Absent period
- Anovulatory cycles
- Abnormal mid-cycle bleeding
- Excessive or heavy menstrual bleeding
- Alopecia (balding)
- Hirsutism (excessive body hair)
- Acne
- Acanthosis nigricans – a darkening of the skin in the armpits, back of the neck, or groin
- Polycystic ovaries
- History of ovarian cysts
- Mood disorders
- Obesity
- Recurrent Miscarriage



Health and Fertility Risks Associated with P.C.O.S

- Infertility
- Menstrual cycle irregularities
- Possible increased risk for endometrial and breast cancer due to unopposed estrogen
- Cardiovascular disease
- Diabetes
- Gestational diabetes



TIPS TO CONTROL P.C.O.S

- Drink adequate quantity of water.
- Take fresh foods and fresh vegetables
- Avoid junk, fast and processed foods
- Avoid milk and milk products.
- Avoid coffee and alcohol.
- One should do regular exercise, Yoga and brisk walk to maintain her weight.
- Avoid faulty modern lifestyle instead focus upon soothing music, nature & scenic beauty, gardening, and spending time at a natural place.

