

Polycystic Ovarian Syndrome

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Abstract

PCOS (Polycystic Ovary Syndrome) is a type of hormonal disorder which causes small cysts on the outer edges of the ovaries.

It's not well defined in the medical language, but it has a really combination of genetic and environmental factors. There is not any proper case of PCOS but doctors suggest to improve their patient's day-to-day life. It can be done by eating a balanced diet, proper exercise etc. It requires regular diagnosis to check on PCOS; it can be reduced by following doctor's suggestion but there is no cure for this.. it can last for years or can be life long.

Keywords: Life it can be done by eating a balanced diet; Proper exercise etc.

Introduction

PCOS is a hormonal disorder of women of reproductive age. Women who are suffering from PCOS may have irregular or prolonged maturation periods or excess androgenic (androgen) levels.

Some women for these are having excess facial hair, acne, weight gain etc.

Ovaries mainly develop numerous small follicles (follicles) which release regular eggs.

Definition

Polycystic ovary syndrome (PCOS) is a normal

condition that is common and can occur during their child-bearing years. It can affect your ability to have children; stop periods or affect them; Cause acne and unwanted body hair for facial hair.

Symptom

Signs and symptoms of PCOS after they are developed around the time of the first menstrual period. During puberty, sometimes PCOS develops later, for example in response to substantial weight gain.

Signs and symptoms of PCOS may vary.

Irregular period

Irregular or infrequent prolonged menstruation

cycle are the most common sign for PCOS.

Excess and rager

Elevated levels of male hormones may result in physical signs such as excess hair and body hairs and occasionally acne and male pattern baldness.

Polycystic ovaries

Your ovaries might be enlarged and contain follicles that surround the eggs as a result the ovaries might fail to function regularly.

Heavy Bleeding

The uterine lining builds up for a longer period of time so the periods you do get can be heavier than normal.

Darkening of the skin

Dark patches of skin can form in body creases like those on the neck in the groin, and under the breast.

Causes

The exact cause of PCOS is not a factor that might play a role include.

Excess insulin.

Insulin is a hormone produced in the pancreas that allows cells to use sugar as their primary energy supply. Excess insulin might increase androgen production, causing difficulty with regulation.

Low grade inflammation

Systemic inflammation is decreased by white blood cell production of substances to fight infection.

Heredity

Research suggests that certain genes might be linked to PCOS.

Excess androgen

The ovaries produce an abnormal level of androgen resulting in hirsutism and acne.

Problems faced by women suffering from PCOS

Eating disorders

Women with PCOS are reported to have a higher prevalence of both disordered eating behaviours and eating disorders compared to women without PCOS in the majority of, but not all, prior literature. In the limited research to date, studies use a variety of screening tools [e.g. Eating Attitudes, the Eating Disorder Examination Questionnaire] with each having a different screening criterion. This lack of uniformity in assessments contributes to the reason as to why further clarification is required to better understand whether disordered eating or eating disorders are more prevalent in women with PCOS.

Fatigue and sleep

Fatigue has been reported by women with PCOS as a barrier to adopting lifestyle changes, which may be due to physiological or psychological origins. Fatigue is intrinsically linked with sleep, and women with PCOS have a higher prevalence of poor sleep quality and sleep disorders compared to women without. In particular, it is estimated that up to 35% of women with PCOS may have obstructive sleep apnoea, compared to 9-38% in the general population. Women who are obese and of older age are more at risk of developing OSA.

Depression and depressive symptoms

Fatigue and sleep disturbances may also indicate depression, and are the most commonly reported depressive symptoms in women with PCOS. The prevalence of depression and depressive symptoms is higher in PCOS and PCOS is also associated with more severe symptoms of depression.⁶⁸ A recent meta-analysis of 57 studies reporting on 172,040 women reported that women with PCOS were at 2.79 greater odds for being clinically diagnosed with depression when compared to controls.

Treatments for PCOS

Many women need a combination of lifestyle changes and medications to treat PCOS. Your doctor will create a treatment plan for you tailored to treat your individual symptoms.

Menstrual problems

Birth control is the most common PCOS treatment for women who don't want to get pregnant. Hormonal birth control pills, a skin patch, vaginal ring, shots, or a hormonal IUD (intrauterine device) - can help restore regular periods.

Extra weight

When a healthy diet and regular exercise aren't enough, medications can make losing weight easier. Different drugs work in different ways. Your doctor will prescribe the medication they think will be the most successful for you.

Results

With proper attention to risk stratification and surveillance, balanced diet and regular exercises is good for those women who were suffering from PCOS. Benefits of balanced diet and regular exercise is that they'll get relief from irregular periods and acnes, obesity etc.

Overall, there is no permanent cure for this but it requires regular diagnosis by which they can maintain their health and these little problems with doing day to day regular exercises and proper balanced diet.

Conclusion

PCOS is a common disorder of women that is associated with significant reproductive and morbidity as outlined here. Perception of this and preventative therapies are important for the health care of women. For PCOS, diet, exercise, and oral contraceptives are reasonable preventative therapies. Screening for hypertension, abnormal lipid profiles, insulin resistance, and reproductive disorders including cancer should be the main stay of care for women with PCOS.

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