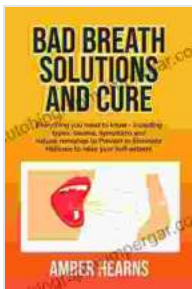


Unlocking the Secrets of PCOS: Everything You Need to Know

Polycystic ovary syndrome (PCOS) is a common hormonal disorder that affects women of reproductive age. It can cause a wide range of symptoms, including irregular periods, acne, weight gain, and infertility. While PCOS is not curable, it can be managed with lifestyle changes and medication.

What is PCOS?

PCOS is a hormonal disorder that causes the ovaries to produce too much testosterone. This can lead to a variety of symptoms, including:



BAD BREATH SOLUTIONS AND CURE: Everything you need to know - including types, causes, symptoms and natural remedies to Prevent or Eliminate Halitosis to raise your self-esteem by Lindsay Waller

★★★★☆ 4.6 out of 5

Language : English

File size : 1841 KB

Screen Reader : Supported

Print length : 71 pages

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- Irregular periods
- Acne

- Weight gain
- Infertility
- Hair loss
- Mood swings
- Depression
- Anxiety

What causes PCOS?

The exact cause of PCOS is unknown, but it is thought to be related to genetics and lifestyle factors. Some of the risk factors for PCOS include:

- Being overweight or obese
- Having a family history of PCOS
- Having type 2 diabetes
- Having high blood pressure
- Having high cholesterol

How is PCOS diagnosed?

PCOS is diagnosed based on a physical exam, a blood test, and an ultrasound. The blood test will measure the levels of hormones in your blood, and the ultrasound will show the appearance of your ovaries.

How is PCOS treated?

There is no cure for PCOS, but it can be managed with lifestyle changes and medication. Some of the lifestyle changes that can help to manage

PCOS include:

- Losing weight
- Eating a healthy diet
- Getting regular exercise
- Reducing stress

Some of the medications that can be used to treat PCOS include:

- Birth control pills
- Progestin-only pills
- Metformin
- Clomid
- Letrozole

What are the long-term health risks of PCOS?

PCOS can increase the risk of developing a number of long-term health problems, including:

- Type 2 diabetes
- Heart disease
- Stroke
- Endometrial cancer
- Ovarian cancer

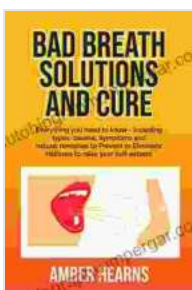
PCOS is a common hormonal disorder that can cause a wide range of symptoms. While PCOS is not curable, it can be managed with lifestyle changes and medication. If you think you may have PCOS, talk to your doctor. Early diagnosis and treatment can help to reduce the risk of long-term health problems.

Additional Resources

- PCOS: Condition Information
- PCOS: Symptoms and Causes
- PCOS: Guide to Polycystic Ovary Syndrome

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- Young woman sitting in chair in gynecologist's office by Shutterstock
- Woman suffering from PCOS (polycystic ovary syndrome) by Shutterstock



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