

An Evidence Based Approach To Treat The Root Causes Of Polycystic Ovary Syndrome (PCOS)

What is PCOS?

PCOS is a common hormonal disorder that affects women of reproductive age. It is characterized by the presence of cysts on the ovaries, irregular periods, and high levels of androgen hormones. PCOS can cause a variety of symptoms, including:



Getting Pregnant with PCOS: An evidence-based approach to treat the root causes of polycystic ovary syndrome and boost your fertility by Clare Goodwin

★★★★☆ 4.7 out of 5

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Screen Reader	: Supported
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Word Wise	: Enabled
Print length	: 346 pages
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* Irregular periods * Weight gain * Acne * Infertility * Hirsutism (excessive hair growth) * Alopecia (hair loss)

What are the causes of PCOS?

The exact cause of PCOS is unknown, but it is thought to be related to a combination of genetic and environmental factors. Some of the risk factors for PCOS include:

* Obesity * Insulin resistance * Family history of PCOS

How is PCOS diagnosed?

PCOS is diagnosed based on a woman's symptoms and a physical exam. Blood tests may also be used to confirm the diagnosis.

How is PCOS treated?

There is no cure for PCOS, but there are a number of treatments that can help to manage the symptoms. These treatments include:

* Lifestyle changes, such as weight loss and exercise * Medications, such as birth control pills, anti-androgen medications, and insulin-sensitizing medications * Surgery, in severe cases

What is the prognosis for PCOS?

The prognosis for PCOS varies depending on the severity of the symptoms. Most women with PCOS are able to manage their symptoms with treatment. However, some women may experience long-term complications, such as infertility, diabetes, and heart disease.

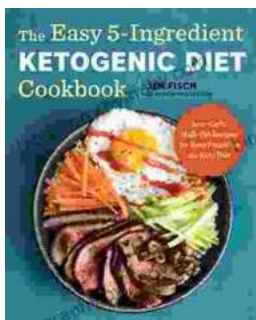
PCOS is a common hormonal disorder that can cause a variety of symptoms. While there is no cure for PCOS, there are a number of treatments that can help to manage the symptoms. If you think you may have PCOS, talk to your doctor.



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