

## 6. Polycystic ovary syndrome and pregnancy- How does PCOS affect a woman while pregnant?

Women with PCOS appear to have higher rates of:

- Miscarriage
- Premature delivery
- Pregnancy-induced high blood pressure
- Gestational diabetes

## 7. Does PCOS put women at risk for other health problems?

- PCOS during young age if not treated completely can lead to INFERTILITY
- Obesity and related disorders
- Diabetes mellitus
- Hypertension
- Dyslipidemia (abnormal cholesterol levels)

## 8. Mood changes in PCOS

- Many women with PCOS struggle with mood disorders including depression
- Others have lower level mood issues that manifest as irritability, lethargy and a short temper
- It can also lead to severe mental health issues including anxiety, eating disorders like Anorexia nervosa, Binge eating etc

## Lifestyle modification

*Many women with PCOS are overweight or obese, which can cause health problems. You can help manage your PCOS by eating healthy and exercising to keep your weight at a healthy level.*

### Healthy eating tips include:

- Limiting processed foods and foods with added sugars
- Adding more whole-grain products, fruits, vegetables, and lean meats to your diet
- This helps to lower blood glucose (sugar) levels, improve the body's use of insulin, and normalize hormone levels in your body. Even a 10 percent loss in body weight can restore a normal period and make your cycle more regular
- If you smoke, quit. Stop alcohol intake

## Homoeopathy For PCOS!!

- **Polycystic Ovarian Syndrome** is curable with the Homoeopathic mode of treatment. Homoeopathic treatment for polycystic ovarian syndrome is very safe and free from any side effect. Which Homoeopathic medicine is required to extract the disease from its roots varies from case to case. Both the physical and mental spheres of the patient are thoroughly investigated while prescribing the Homoeopathic medicine. The complete cure of PCOS is a time-consuming process and it cannot be expected in a few days. It requires complete observation regarding the change of symptoms in the patient and frequent clinical follow-ups
- Diet and exercise are important parts of managing PCOS (Polycystic Ovary Syndrome). This is because young women with PCOS often have higher levels of insulin (a hormone) in their blood, and many have trouble maintaining a healthy weight. Knowing the right foods to eat as well as the kinds of food to limit can improve the way you feel. It will also help you lose weight. Eating well, staying active, and maintaining a healthy weight (or losing even a small amount of weight if you're overweight) can improve PCOS symptoms
- **Treat the Cause:** Homoeopathic system of medicine is a therapeutic system of symptoms similarity which is safe, effective, affordable and within reach. It takes into account the holistic approach i.e. person as a whole. This means that we treat every patient on the basis of individualization. During this process prescription is based upon the many factors such as symptoms, sign, causation, history, family history, mental status and inherent nature of the person, likings, disliking etc. This is synonymous with term Constitutional Medicine. The PCOS has been termed as a syndrome as it affects many systems of the body. **Therefore, it may be considered as a constitutional problem rather than a local disease. Homoeopathic intervention aims at halting the progress, providing symptomatic relief and curing the patient.**
- Homoeopathic medicines stimulate the hypothalamic-pituitary-ovarian axis thereby strengthens the endocrine system and trigger the natural release of hormones.



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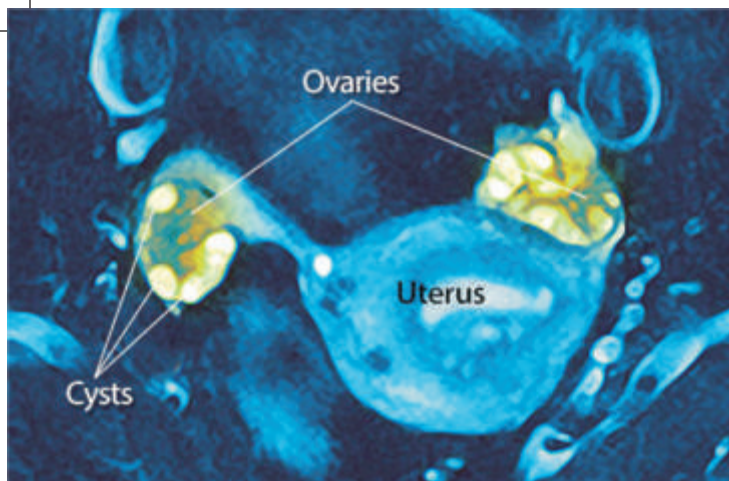
# PCOS

## Polycystic Ovarian Syndrome

HEALTHY  
**WOMANHOOD**  
with HOMOEOPATHY



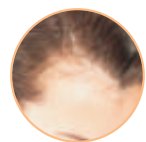
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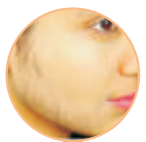
# POLYCYSTIC OVARY SYNDROME (PCOS)

*A hormonal disorder that affects millions of women. All bodies need both "male" and "female" hormones to work right, but a woman with PCOS (PCOD) has too much of the male hormones. This creates problems with your ovaries: You might have irregular periods or no periods, and you could get cysts in a "string of pearls" pattern. PCOS is also a common cause of infertility.*

## Common symptoms of PCOS



Hair loss



Unwanted facial or body hair



Weight gain, especially around the waist



Irregular or absent menstrual periods



Pelvic pain



Depression or anxiety



Significant hormone imbalances



Acne and/or oily skin



Trouble with blood sugar



Higher risk of miscarriage



Infertility



Cysts on ovaries & enlarged ovaries



Fatigue



**Yes, Women with PCOS can get Pregnant**

## Commonly asked questions in PCOS...

### 1. What causes PCOS?

- The cause of PCOS is stress. But most experts think that several factors, including genetics, could play a role, likely to have a mother or sister with PCOS.
- A main underlying problem with PCOS is a hormonal imbalance. In women with PCOS, the ovaries make more androgens than normal. Androgens are male hormones that females also make. High levels of these hormones affect the development and release of eggs during ovulation.
- High androgen levels can lead to: Acne, Excessive hair growth, Weight gain & Problems with ovulation

### 2. How many women have PCOS?

Almost 4 in 10 women of childbearing age has PCOS. It can occur in girls as young as 11 years old.

### 3. What are the symptoms of PCOD or PCOS?

The symptoms of PCOS can vary from woman to woman. Some of the polycystic ovary syndrome symptoms include:

- Infrequent, absent, and/or irregular menstrual periods
- Infertility (not able to get pregnant) because of not ovulating. In fact, PCOS is the most common cause of female infertility
- Increased hair growth on the face, chest, stomach, back, thumbs, or toes
- Male-pattern baldness or thinning hair
- Cysts on the ovaries
- Acne, oily skin, or dandruff
- Weight gain or obesity, usually with extra weight around the waist
- Skin tags - excess flaps of skin in the armpits or neck area
- Pelvic pain
- Anxiety or depression or mood changes
- Patches of skin on the neck, arms, breasts, or thighs that are thick and dark brown or black
- Sleep apnea - when breathing stops for short periods of time while asleep

### 4. How do I know if I have PCOS?

There is no single test to diagnose PCOS. Your doctor will take the following steps to find out if you have PCOS or if something else is causing your symptoms.

- **Medical history.**- Your doctor will ask about your menstrual periods, weight changes, and other symptoms.
- **Physical exam.**- Your doctor will want to measure your blood pressure, body mass index (BMI), and waist size. He or she also will check the areas of increased hair growth. You should try to allow the natural hair to grow for a few days before the visit.
- **Pelvic exam.**-Your doctor might want to check to see if your ovaries are enlarged or swollen by the increased number of small cysts.
- **Blood tests.**-Your doctor may check the androgen hormone and glucose (sugar) levels in your blood.
- **Ultrasound (sonogram).**- It might be used to examine your ovaries for cysts and check the endometrium (lining of the womb). This lining may become thicker if your periods are not regular.

### 5. What can happen if you don't treat PCOS?

When left untreated, PCOS can increase a woman's risk for endometrial (lining of the uterus) cancer... Thus, the lining of the uterus (endometrium) grows uncontrollably. PCOS treatment is meant to stop the growth by regulating progesterone level with the help of homoeopathic treatment.