

PCOD/PCOS



DR SHIVANAAND'S

Sexual Disorders & Infertility Clinic

Pleasure Explored - Pride Restored



Polycystic ovary syndrome (PCOS) is a common condition affecting hormones causes irregular menstrual periods, excess hair growth, acne and infertility. The treatment to managing PCOS varies based on the individual's reproductive goals. Those with PCOS may face an increased risk of certain health conditions such as diabetes and high blood pressure.

What is PCOS (Polycystic Ovary Syndrome)

Polycystic Ovary Syndrome (PCOS) results from a hormonal imbalance, with elevated androgen levels disrupting reproductive hormones. This often leads to irregular menstrual cycles and missed periods. While ovarian cysts may be present, they are not necessary for a PCOS diagnosis. Despite its name, these cysts are neither harmful nor painful. PCOS, a leading cause of infertility, also poses risks for other health conditions. Treatment, tailored to symptoms and fertility goals, can be guided by a healthcare provider.

What age does PCOS start?

PCOS can develop at any point after puberty in women and individuals assigned female at birth (AFAB). Typically, diagnosis occurs in the 20s or 30s, often when individuals are attempting to conceive. Factors such as obesity or a family history of PCOS may increase the likelihood of developing this condition.

Symptoms and Causes

The most common signs and symptoms of PCOS include

- **Menstrual Irregularities:** Irregular periods involve the absence or missed occurrence of menstrual cycles, and in some cases, heavy bleeding during menstruation.
- **Abnormal Hair Growth:** Excessive facial hair and heightened growth on arms, chest, and abdomen (hirsutism) affect approximately 70% of individuals with PCOS.

- **Acne Issues:** PCOS may contribute to persistent acne, particularly on the face, back, and chest, extending beyond the teenage years and posing challenges for effective treatment.
- **Obesity Challenges:** Between 40% and 80% of PCOS individuals grapple with obesity, struggling to maintain a healthy weight.
- **Skin Darkening:** Acanthosis nigricans manifest as darkened skin patches, commonly observed in neck folds, armpits, groin areas, and under the breasts.
- **Ovarian Cysts:** Ovaries in PCOS individuals may exhibit enlargement or contain multiple follicles, visible through ultrasound examinations.
- **Skin Tags:** Small flaps of excess skin, known as skin tags, are often found in armpits or on the neck.
- **Hair Thinning:** Thinning hair or patches of hair loss on the head may occur in individuals with PCOS.
- **Fertility Challenges:** PCOS stands as a leading cause of infertility in individuals assigned female at birth, primarily due to irregular or infrequent ovulation, hindering conception.

What is the main cause of PCOS?

The precise cause of PCOS remains unknown, with genetics appearing to play a role. Additionally, factors such as obesity contribute significantly:

Elevated Androgen Levels: Increased male hormones disrupt ovulation, leading to irregular menstrual cycles, acne, and excess hair growth.

Insulin Resistance: Higher insulin levels prompt ovaries to release androgens, affecting ovulation and contributing to PCOS symptoms. Insulin resistance, common in individuals with obesity, can lead to elevated glucose levels.

Low-Grade Inflammation: Chronic low-grade inflammation is observed in individuals with PCOS, measured through blood tests for C-reactive protein and white blood cell

Diagnosis and Tests

How is polycystic ovary syndrome (PCOS) diagnosed?

- **Clinical Evaluation:** Your healthcare provider will discuss your symptoms, medical history, and family medical background. They will also measure your weight and blood pressure.
- **Physical Examination:** A thorough physical exam will be conducted, focusing on signs such as excess facial hair, hair loss, acne, skin discoloration, and skin tags.
- **Pelvic Exam:** A pelvic exam will be performed to rule out other causes of abnormal bleeding.
- **Diagnostic Tests:** Blood tests will be ordered to assess hormone and glucose levels. Additionally, a pelvic ultrasound will be conducted to examine ovaries, assess uterine lining thickness, and identify potential causes of abnormal bleeding.

Three main symptoms to diagnose PCOS

1. Irregular or missed periods.
2. Signs of excess androgens such as acne or excessive hair growth.
3. Enlarged ovaries or polycystic appearance of ovaries on ultrasound.

Prevention

Research shows PCOS may raise your risk for several health conditions, including:



- Diabetes.
- High Blood pressure.
- Endometrial cancer.
- Sleep Disorders such as sleep apnea.
- Depression and Anxiety.
- Endometrial Hyperplasia.
- Cardiovascular Disease.

Clinic specialities:

- Accurate Diagnosis of Sexual Disorders and Infertility
- Counselling
- Research-Based Ayurvedic Medicines
- Kerala Panchakarma
- Yoga - Pranayama
- Bijshudhikaran Chikitsa
- Kamojit Chikitsa

Clinic Hours:

- Monday to Saturday
- From 11 AM to 6 PM



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