

PCOS

Polycystic Ovary Syndrome:

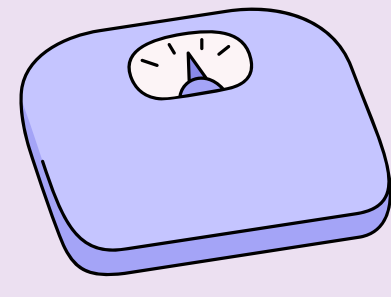
Polycystic Ovary Syndrome (PCOS) occurs when the ovaries become enlarged due to a high presence of fluid filled sacs that prevent eggs from being released, leading to the impairment of ovulation. It is commonly thought that (as the name suggests) eggs are not released due to cysts forming around the ovaries. However this is not the case.

DID YOU KNOW?

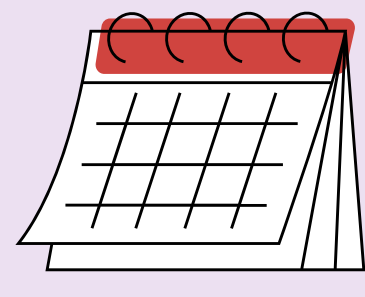
**PCOS Affects
1-in-10 Women?**



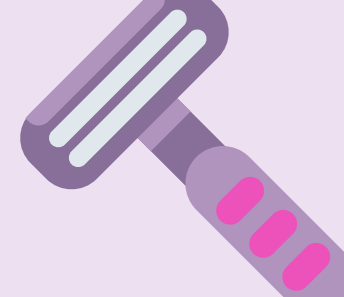
COMMON SYMPTOMS



Difficulty losing weight or increased weight gain



Irregular periods



Excess body hair



Acne & oily skin



Difficulty conceiving



Depression & mood changes

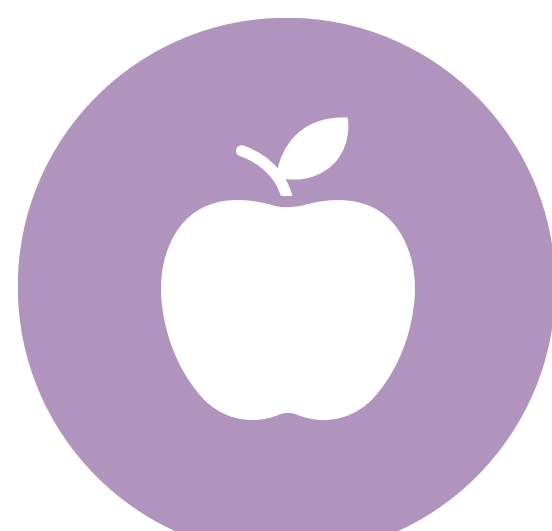
Currently PCOS cannot be cured, but the severity of symptoms can be controlled through lifestyle changes:

LOSE WEIGHT

EXERCISE

EAT A HEALTHY DIET

NATURAL TREATMENT



Ensuring you are on a low glycemic index diet will assist in weight loss. Additionally, many women benefit from removing anti-inflammatory foods such as gluten, dairy, corn, eggs and soy.

Herbal medicine is very effective at balancing hormones, which will help to manage PCOS symptoms. Some of the best herbs for PCOS are Licorice, Saw Palmetto, Chaste Tree and White peony.



Acupuncture is an excellent treatment option as it helps to balance hormones, reduce stress, promote ovulation and boost fertility.



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For more information visit
TheIVFcenter.com
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