



women's health
naturally



Diagnosing Medically
Treating Naturally

Polycystic Ovarian Syndrome (PCOS) Fact Sheet

Polycystic Ovarian Syndrome or PCOS is a complex condition that affects one in every seven Australian women. It is not only one of the most common hormone problems in women, PCOS is also the **single greatest cause of female infertility.**

PCOS impacts upon a woman's hormone levels, periods, and **ovulation** – and therefore it impacts upon her fertility and pregnancy. While its cause is still unknown, PCOS is known to create insulin resistance and blood sugar fluctuations, missed periods and cysts on the ovaries of women that suffer from it. It also leads to high levels of androgenic (or masculinising) hormones, and may therefore cause male-type body changes. As if we don't already have enough to deal with in a female body!

The good news is that women can both alleviate and eradicate PCOS naturally with the correct diagnosis and treatment plan.

Ella's story

Ella's periods have never been regular, not since they started when she was 13. She can go for up to six months without having a period. Even though she is now 28, she is still getting breakouts and pimples around her chin and forehead and on her back. She feels embarrassed about the ugly black hairs that sprout out of her chin and upper lip and around her nipple area, and she also seems to be losing hair on top of her head, making her think she may be going bald.

No matter how carefully she eats and the amount of exercise she does, she can't seem to lose the weight around her tummy. Her doctor has diagnosed her with Polycystic Ovarian Syndrome (PCOS) and to make matters worse, says that PCOS puts her at high risk of developing diabetes in later life.

Ella got married recently and she and her husband are keen to start a family. But with her periods so irregular she is really worried it will be virtually impossible to conceive. She feels stressed and upset and doesn't know what to do.

Did you know?

The symptoms of PCOS include:

- Irregular periods
- Excess hair growth on the face (hirsutism) or body
- Persistent acne
- Male pattern hair loss
- Multiple cysts on the ovaries
- Increased weight around the stomach

PCOS is typically diagnosed by ultra sound and pathology testing.

How we work and why we're different

We use ultrasound, hormone testing, physical signs and a comprehensive menstrual history to diagnose the severity of your PCOS. In some cases, we find that women have been diagnosed incorrectly and don't actually have PCOS!

Once diagnosis has been established we then formulate an individual treatment plan for you, which includes:

- A specific diet and exercise regime aimed at weight loss and reducing insulin resistance and blood sugar fluctuations
- Prescription of scientifically proven nutritional supplements and high strength botanical medicines

Why we're different

We work holistically to address the underlying drivers of PCOS. Medical treatment uses the Pill (OCP) to mask the condition, inducing a 'false period'. Instead, we are able to regulate your hormones to encourage a regular 'true period'. Plus treatment reduces the unwelcome side effects of acne, hair growth and central weight gain. Our treatment plan is tailored exactly to your needs - we do not use a one size fits all approach.

What you can expect

It generally takes around four to six months of treatment to fully regulate your hormones, as this is a chronic and difficult condition to treat.

Your involvement and co-operation with treatment recommendations is crucial in treating this condition. The more you work to follow your diet and exercise plan, and comply with our treatment recommendations, the better your outcomes will be.

Helpful hints to get you started

Start working on your diet. This means avoiding:

- Alcohol
- Caffeine
- Saturated fats, found in cream, cheese, fatty meats and chocolate for example
- Deep-fried foods
- Refined carbohydrates such as bread, white rice and pasta

Start exercising: 60 minutes per day, find something you like to do.

Stress management: Look at where you can reduce stress in your life and make sure you get 8 hours of restful sleep every night.

We have helped countless patients reverse PCOS with our weight loss, exercise and dietary programs. We'd love to help you too. Visit our website www.womenshealthnaturally.com.au to learn more from our FAQs.

Treatment is available throughout Australia and worldwide by Skype and at our two clinics in NSW Australia. To book a consultation and for more information visit www.womenshealthnaturally.com.au.

