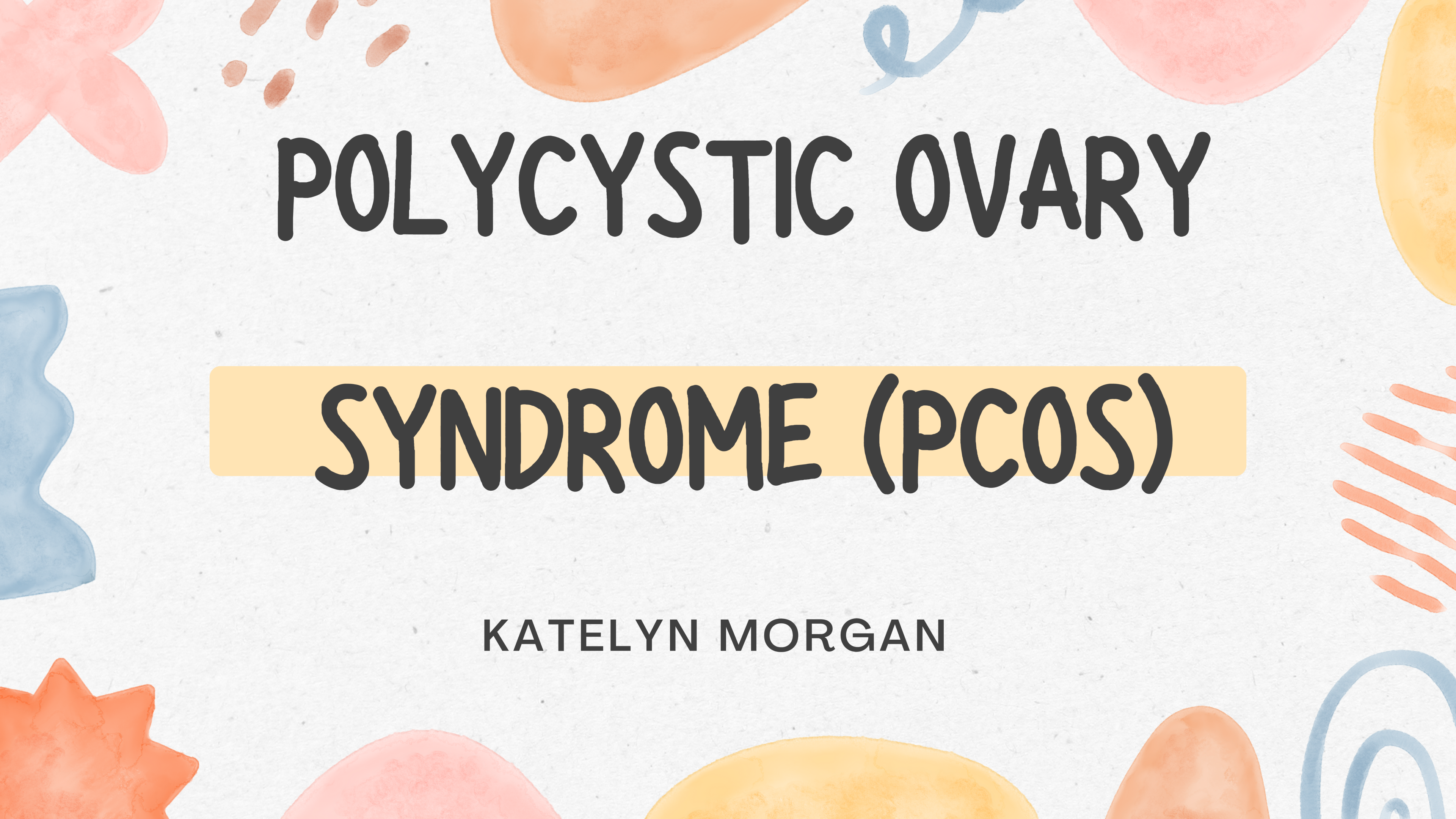




POLYCYSTIC OVARY

SYNDROME (PCOS)

KATELYN MORGAN

INTRODUCTION

THIS SYNDROME IS CAUSED BY DIFFERENT FACTORS WORKING TOGETHER IN THE BODY (IT DOESNT AFFECT JUST THE REPRODUCTIVE SYSTEM ALONE) --> IT AFFECTS THE ENTIRE BODY AS A WHOLE
TYPICAL CHARACTERISTICS OF PCOS ARE INCREASED LEVELS OF ANDROGENS, INSULIN RESISTANCE, AND IRREGULAR MENSTRAUL PERIODS
A HORMONAL IMBALANCE CAUSES A HIGHER LEVEL OF ANDROGENS IN A FEMALE BODY AS IT PREVENTS THE OVARIES FROM RELEASING EGGS
THE OVARIES HAVE SMALL CYSTS INSIDE
THESE ANDRGENS AFFECT THE ENDOMETRIAL LAYER THAT CAUSES IT TO THICKEN, WHICH INCREASES A FEMALES RISK OF HAVING ENDOMETRIAL CANCER
INSULIN RESISTANCE INCREASES THE FEMALES RISK OF DM, METABOLIC SYNDROME, AND CV DISEASE

RISK FACTORS



Insulin Resistance

Long-term, low-grade inflammation that leads polycystic ovaries to produce androgens. This can lead to heart and blood vessel problems.

Heredity

Excess Androgen



SIGNS & SYMPTOMS

- *Irregular or absent menstrual periods*
- *Extra hair growth on face*
- *Acne that is difficult to resolve*
- *Weight gain and difficulty losing weight*
- *Patches of dark, velvety brown skin on the neck and other areas, such as under the arms and in the groin area*

DIAGNOSTIC'S / MEDICAL MANAGEMENT

- *Ultrasound of the ovaries*
- *obtaining hormone levels for a baseline for correction*
- *obtaining fasting blood glucose, HbgA1c, and Lipid levels to determine if metabolic syndrome is occurring*
- *RX'd hormonal therapy in the form of oral contraceptives, vaginal ring, or the transdermal patch*
- *RX'd Metformin for high levels of blood glucose*
- *RX'd Spironolactone to lessen hair growth*
- *Weight loss if over weight or obese*
- *Encouraging lifestyle changes of increasing exercise and consuming a heart healthy diet*
- *Screening for anxiety and depression*
- *There is not a specific test to diagnose PCOS*

PREVENTION

There is no proven way to prevent PCOS, but you can take steps to reduce your risk factors and manage your symptoms

REFERENCES

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