

The background is a light grey, textured paper with various watercolor-style illustrations. There are several large, soft-edged shapes in shades of orange, pink, and blue. Some shapes resemble flowers or abstract forms. There are also smaller, more delicate drawings, including a blue swirl and some orange lines that look like a hand-drawn sun or a fan. The overall aesthetic is soft and artistic.

POLYCYSTIC OVARY

SYNDROME (PCOS)

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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 MENSTRUAL 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 ANDROGENS 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

Mayo Foundation for Medical Education and Research. (2022, September 8). Polycystic ovary syndrome (PCOS). Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/pcos/symptoms-causes/syc-20353439>

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