

Polycystic Ovary Syndrome (PCOS)

What is it?: Polycystic ovary Syndrome PCOS is an increased level of androgens, insulin resistance and irregular menstrual periods. A hormonal imbalance causing higher levels of androgens in a woman's body prevents the ovaries from releasing eggs. The ovaries can have small cysts inside. Androgens affect the endometrial layer, causing it to thicken, which increases the risk for endometrial cancer

Risk factors:

- *heredity**
- *Low grade inflammation**
- *Insulin resistance**

Signs and symptoms:

- *irregular periods**
- *Extra hair growth on the face**
- *Weight gain and difficulty losing weight**

Diagnostic Studies

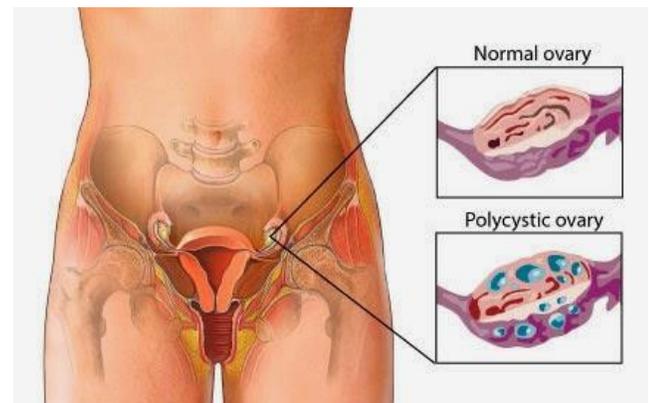
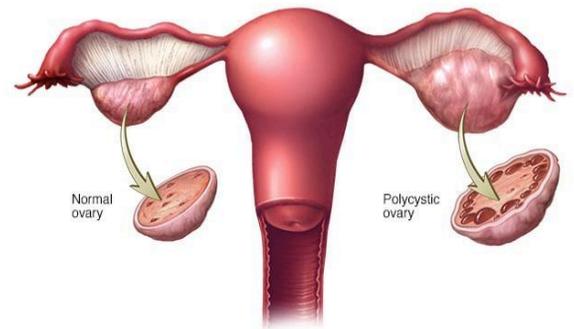
- *Pelvic exam**
- *Glucose tolerance test**
- *Ultrasound**

Prevention:

- *there is no proven way to prevent from getting PCOS (Cleveland Clinic, 2023)**

Treatment:

- *Birth Control**
- *Metformin**
- *Progestin therapy**



Citation Reference

Clinic, M. (Ed.). (2022, September 8). *Polycystic ovary syndrome (PCOS)*. Mayo Clinic.

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<https://my.clevelandclinic.org/health/diseases/8316-polycystic-ovary-syndrome-pcos>

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