

REFERENCES

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<https://doi.org/10.3390/jcm12041454>



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Polycystic Ovary Syndrome (PCOS)



What is it?

Polycystic ovary syndrome (PCOS) is an endocrine and metabolic disorder. This disorder could be identified by obesity, insulin resistance, infertility, and polycystic ovaries. PCOS is the number one endocrine system disorder affecting women of reproductive age. Typical characteristics of PCOS include increased levels 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 may contain small cysts. Androgens affect the endometrial layer, causing it to thicken, which increases the risk of endometrial cancer. The androgens also cause unwanted hair growth on the face (hirsutism) and acne.



Risk Factors

Predisposing risk factors for females developing PCOS could include diet, environmental pollutants like heavy metals and pesticides, smoking, genetics, gut dysbiosis, and obesity.



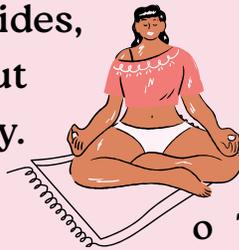
Diagnostics

- o Ultrasound imaging of the ovaries may be completed.
- o Hormone levels may be obtained for a baseline for correction.
- o Fasting blood glucose, HbA1C, and lipid levels may be obtained to determine if metabolic syndrome is present.
- o Screening for anxiety and depression.



Treatment and Management

- o Hormonal therapy may be prescribed in the form of oral contraceptives for the management of menstrual abnormalities.
- o Metformin may be prescribed to clients with high blood glucose levels.
- o Spironolactone may be prescribed to lessen hair growth.
- o Encourage the patient to make lifestyle changes that will improve her health, such as increasing exercise and eating a healthier diet



Prevention of PCOS

- o There is no proven way to prevent PCOS, but some mechanisms can be used to reduce symptoms.
- o Clients should increase fiber, protein, and heart-healthy food products in their diet.
- o Clients should regularly exercise to maintain a healthy weight.
- o Clients should decrease the amount of high sugar and high carbohydrate foods in which exacerbate insulin resistance and raise blood glucose levels.
- o Clients should manage their levels of stress using techniques like yoga and meditation.



Signs and Symptoms

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

Nursing Care



- o Educate her about her diagnosis and managing medications prescribed by the healthcare provider.
- o Encourage the patient to make lifestyle changes that will improve her health, such as increasing exercise and eating a healthier diet
- o Directing the patient to community resources such as support groups or internet resources about PCOS.
- o A high-calorie, high-sugar diet and a sedentary lifestyle may exacerbate PCOS.

