

Polycystic Ovary Syndrome:

Literature Review

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## **Polycystic Ovary Syndrome**

Polycystic ovary syndrome, also known as PCOS, is a condition in which women produce a more significant amount of male hormones. Polycystic ovary syndrome is widespread; however, most women who have PCOS don't even know. Watson (2018) says that one study shows that around 70 percent of women who have PCOS are undiagnosed.

Women who have PCOS have irregular periods and often develop cysts in their ovaries. It is common for women with PCOS to become overweight or obese due to the development of metabolic syndrome. Whelan (2019) says women who have PCOS should eat high-fiber foods as well as foods that decrease inflammation. Having these diet changes may help women with PCOS have fewer symptoms.

### References

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- Whelan, C. (2019, November 8). *Can My Diet Relieve Symptoms of Polycystic Ovary Syndrome (PCOS)?* Healthline. Retrieved June 11, 2020, from <https://www.healthline.com/health/pcos-diet>

**Food habits in overweight and obese adolescent girls with Polycystic ovary syndrome (PCOS): A qualitative study in Iran.**

This article aims to discover the correlation between food habits and obesity in women with polycystic ovary syndrome (PCOS). Hajivandi et al. (2020) explain how PCOS rates have increased in adolescent girls due to having unhealthy food habits. The question raised, wondering if unhealthy food habits were regular in women who had PCOS and if this could be a contributing factor. The study showed that women with polycystic ovary syndrome consume a lot of unhealthy foods and a small amount of healthier foods. Hajivandi et al. (2020) also stated overweight adolescent girls were influenced by their friends and peers to choose unhealthy foods and snacks, especially fast food. Whelan (2019) explains how one of the main foods for women with PCOS to avoid is fried, fast food. If these women and adolescent girls eat healthy foods instead of unhealthy foods, they may be less likely to be overweight or obese.

### **Key Points**

Hajivandi et al. (2020) show the correlations between the eating habits of women with the polycystic ovarian syndrome and obesity. The study proved that women who have inappropriate eating habits were more likely to be overweight or obese, whereas women with healthier habits were less likely to be overweight. The study also discovered that adolescents who had unhealthy eating habits were less likely to be active and exercise.

### **Assumptions**

This study proved that adolescents who have unhealthy eating habits are more likely to be overweight or obese. Having unhealthy eating habits also gives the adolescent less energy, meaning they exercise less and become more overweight. Being overweight can push women who have PCOS to experience more contradictions, such as infertility.

## **Deficit/Conclusion**

Women who suffer from PCOS should be sure to have healthier eating habits. Having healthier eating habits can encourage them to exercise more frequently, which also means they will be less overweight. If these women are less overweight, then they will be less likely to experience certain complications.

## **Barriers and facilitators to weight management in overweight and obese women living in Australia with PCOS: A qualitative study**

Women who suffer from the polycystic ovarian syndrome are more likely to gain weight than women without PCOS. Lim et al. (2019) became curious to discover if women with PCOS have increased difficulty when it comes to losing weight. This article aims to identify the barriers that these women who have PCOS face when it comes to attempting to lose weight. This study shows that many women who have PCOS are likely to have previously tried many different weight loss plans; however, they quit because they were too difficult or not working. Groves (2019) says that the hormonal imbalances, insulin resistance, and inflammation that women with PCOS experience make it more difficult for them to lose excess weight. This study proves that to be true as a result of the many barriers that women with PCOS have.

## **Key Points**

Women who have PCOS are very likely to have attempted some form of weight loss; however, they find it more challenging to lose weight and keep it off. Women with PCOS also experienced more fatigue. Many of the women in the study also found that having a well-structured meal plan made it easier for them to lose weight.

## **Assumptions**

PCOS can cause hormone imbalances, which can make it more difficult for these women to lose weight and maintain it. Fatigue is another contributor to how it can be difficult for these women to exercise due to a lack of energy. Having a structured meal plan may also make it easier for women with PCOS because they are less likely to have unhealthy snacks or meals.

## **Deficit/Conclusion**

Lim et al. (2019) were able to discover that women who have PCOS often find that losing weight and maintaining that weight can be very challenging. These women are also likely to face environmental, social, and personal barriers when it comes to weight loss. While it is possible for women with PCOS to lose weight, it can be very challenging for them, which can make it challenging to maintain that lifestyle.

## **Feasibility and acceptability of a proposed trial of acupuncture as an adjunct to lifestyle interventions for weight loss in Polycystic Ovary Syndrome: A qualitative study.**

Weight loss can be hard for women who suffer from polycystic ovarian syndrome. Acupuncture can be therapeutic and helpful for weight loss in women who don't have PCOS. Ee et al. (2018) became curious to see if it may be beneficial for weight loss in women with PCOS. Groves (2019) describes how some ways to improve weight loss in women with PCOS is to reduce inflammation and stress. Acupuncture can promote relaxation, which can reduce stress and can help to reduce swelling. Many of the participants in the study show positive attitudes towards acupuncture and stated that it was beneficial for assisting them in losing weight.

## **Key Points**

Acupuncture is a positive aspect that can help women with PCOS lose weight while not requiring any pharmaceutical interventions. The treatment was also more beneficial if the participant went for a longer duration of time rather than going for a short period.

## **Assumptions**

Acupuncture can help women with polycystic ovarian syndrome lose weight by reducing inflammation and stress. Reducing these can cause the participant to have more energy, which allows them to exercise more. Going for a more extended period can also be more beneficial because it becomes more of a lifestyle than a temporary change. Changes that are temporary cause a higher chance of gaining weight back.

Many of the women in the study stated that acupuncture was beneficial in helping in the weight loss process. These women were more likely to feel relaxed and have more energy, which allows; they exercise more. Acupuncture itself may not help women with PCOS lose weight; however, it can help the process of losing weight easier.

## **Conclusion**

Each of the three studies shows that women with polycystic ovarian syndrome are more likely to gain weight easier and lose weight slower. Hajivandi et al. (2020) explained how adolescents who have PCOS are more likely to have unhealthy eating habits, which can lead to them being overweight or obese. Lim et al. (2019) explained that women with PCOS face more barriers and find it more challenging to lose weight. Women with PCOS should be sure to eat

healthily and make their lifestyle a healthy one. Groves (2019) lists things that may be beneficial in helping women with PCOS lose weight and maintain weight loss, such as reducing carb intake, eating lots of fiber and protein, limit processed and sugary foods, prevent overeating, and exercise regularly.

#### References

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