

POLYCYSTIC OVARIAN DISEASE (PCOD)



WHAT IS POLYCYSTIC OVARIAN DISEASE (PCOD)?

POLYCYSTIC OVARIAN DISEASE (PCOD) IS A CONDITION THAT CAUSES A HORMONAL IMBALANCE IN WOMEN DUE TO EXCESS OF ANDROGENS.

WHO GETS PCOD?

HERE'S HOW WE GET IT:

1. AN UNHEALTHY DIET

2. A SEDENTARY LIFESTYLE

3. POLLUTION

4. HORMONE-ALTERING MEDICATION

5. OVER THE COUNTER (OTC)

MEDICATIONS AND SUPPLEMENTS

PCOD AND PCOS – WHAT’S THE DIFFERENCE?

ALMOST 10% OF WOMEN IN THE WORLD ARE SUFFERING FROM PCOD. MOST PEOPLE GET CONFUSED BETWEEN PCOD AND PCOS ALL THE TIME.

PCOS IS GENETIC AND CAUSED BY A SYSTEMIC CHANGE IN A BODY SYSTEM, WHILE PCOD IS MORE HORMONE-FUNCTION RELATED.

PCOS, ON THE OTHER HAND, IS MORE TO DO WITH A MALFUNCTION OF THE ENDOCRINE SYSTEM.



THE ENDOCRINE SYSTEM IS THE ONE THAT CONTROLS THE FLOW OF HORMONES IN OUR BODY AND IS CONTROLLED BY THE HYPOTHALAMUS IN THE BRAIN. WHEN THE HYPOTHALAMUS MALFUNCTIONS, IT AFFECTS THE SECRETION OF HORMONES IN THE BODY, CAUSING VARIOUS SYMPTOMS SUCH AS THE FORMATION OF CYSTS, HAIR IN UNDESIRABLE PLACES AND INFERTILITY.

THERE ARE DIFFERENT AREAS THROUGH WHICH PCOD IS DIFFERENT. IN SHORT, THE REASON FOR THE PCOD PROBLEM IS HORMONAL IMBALANCE.



IN COMPARE TO PCOD WOMEN WITH PCOS PRODUCE HIGHER-THAN-NORMAL AMOUNTS OF MALE HORMONES. THIS HORMONE IMBALANCE CAUSES THEM TO SKIP MENSTRUAL PERIODS AND MAKES IT HARDER FOR THEM TO GET PREGNANT.

WHAT CAUSES PCOD?

PCOD IS SEEN IN:

- 1. WOMEN WITH HIGH LEVELS OF ANDROGENS THAN NORMAL**
- 2. WOMEN WITH HIGH LEVELS OF INSULIN**



WHAT ARE THE SIGNS AND SYMPTOMS OF PCOD?

THE SIGNS AND SYMPTOMS OF PCOD ARE:

- 1. IRREGULAR PERIODS**
- 2. DIFFICULTY BECOMING PREGNANT (REDUCED FERTILITY)**
- 3. MULTIPLE CYSTS ON THE OVARIES**
- 4. EXCESSIVE HAIR GROWTH (HIRSUTISM) – FACE, BODY AND CHEST**
- 5. SCALP HAIR LOSS**
- 6. ACNE**
- 7. INSULIN RESISTANCE**
- 8. BEING OVERWEIGHT**
- 9. MOOD SWINGS**
- 10. SKIN DARKENING**



WHAT ARE THE COMPLICATIONS OF PCOD?

LONG TERM COMPLICATIONS:

- 1. CARDIOVASCULAR DISEASE**
- 2. DIABETES**
- 3. METABOLIC SYNDROME**
- 4. ENDOMETRIAL CANCER**
- 5. INFERTILITY**
- 6. SLEEP APNEA**
- 7. DEPRESSION**

WHAT IS THE TREATMENT OF PCOD?

HEALTHY CHANGES IN LIFESTYLE LIKE WEIGHT LOSS, EXERCISE, AND A PROPER DIET ARE THE FIRST LINE MANAGEMENT OF PCOD.



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