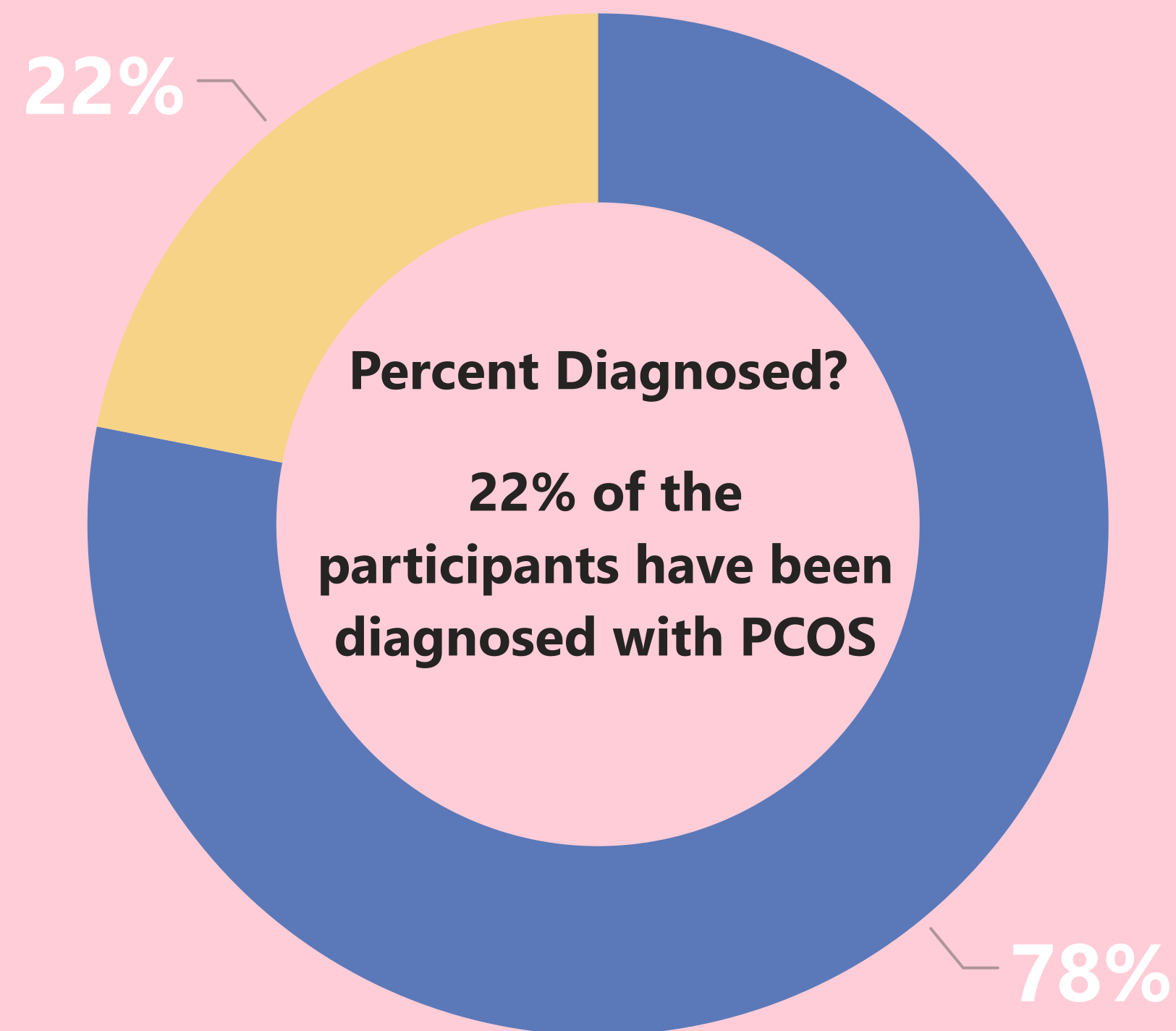# 🌸PCOS🌸 Polycystic Ovary Syndrome

465

A brief exploratory analysis on PCOS Case Study: Despite the small size of only 465 participants, the dataset still offers a significant window into PCOS and it's symptoms. It also sheds light on important insights that can aid future research.

Percent Diagnosed?

22% of the participants have been diagnosed with PCOS

22%

78%

What is PCOS?

Polycystic Ovary Syndrome *(PCOS)* is a common health problem caused by an imbalance of reproductive hormones. The exact cause is unknown but it usually starts during adolescence and the symptoms fluctuate over time.

• Affects an estimated 8–13%
• **Up to 70% remain undiagnosed worldwide**
• PCOS is a leading cause of infertility and is associated with a variety of long-term health problems that affect both physical and mental wellbeing

Breakdown of Participant Ages:

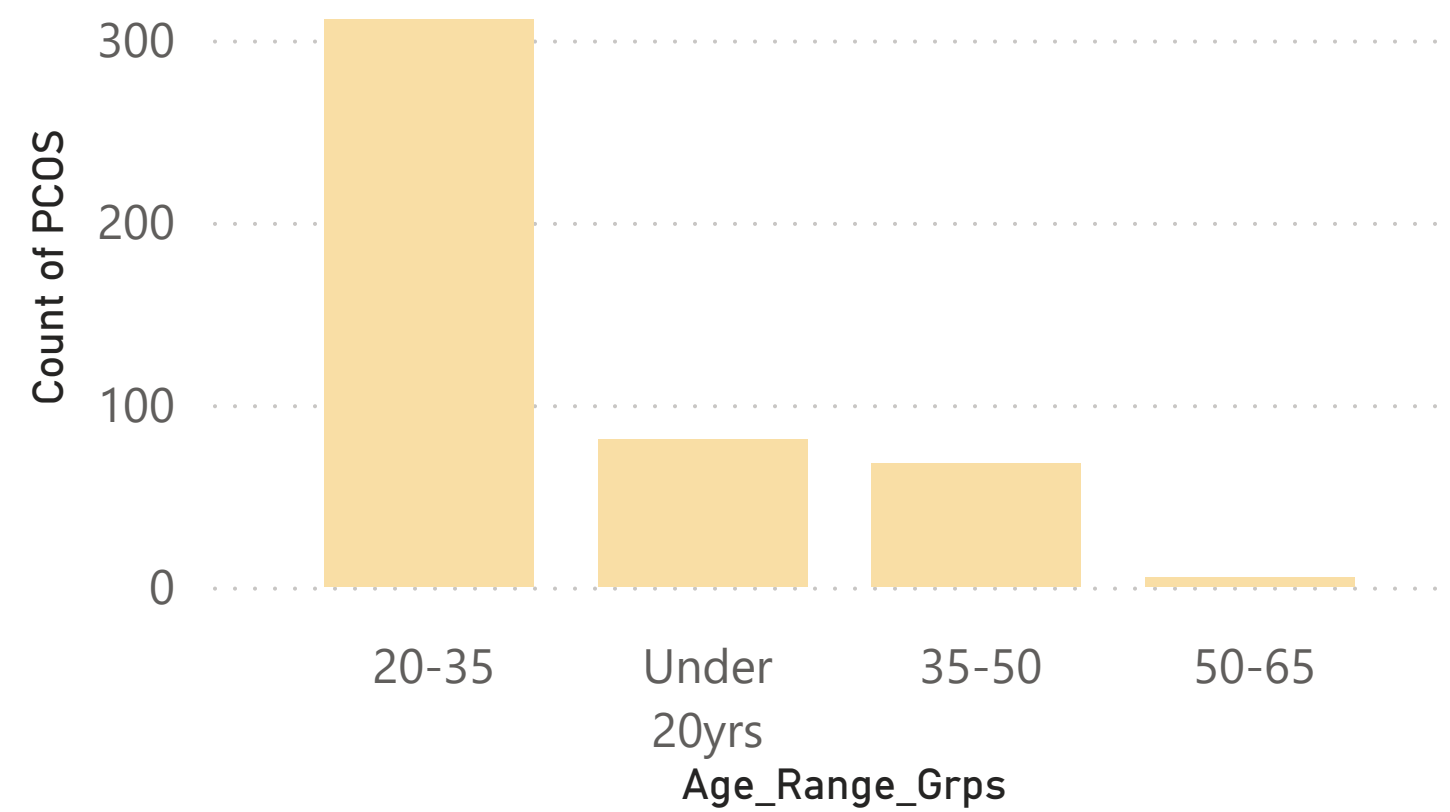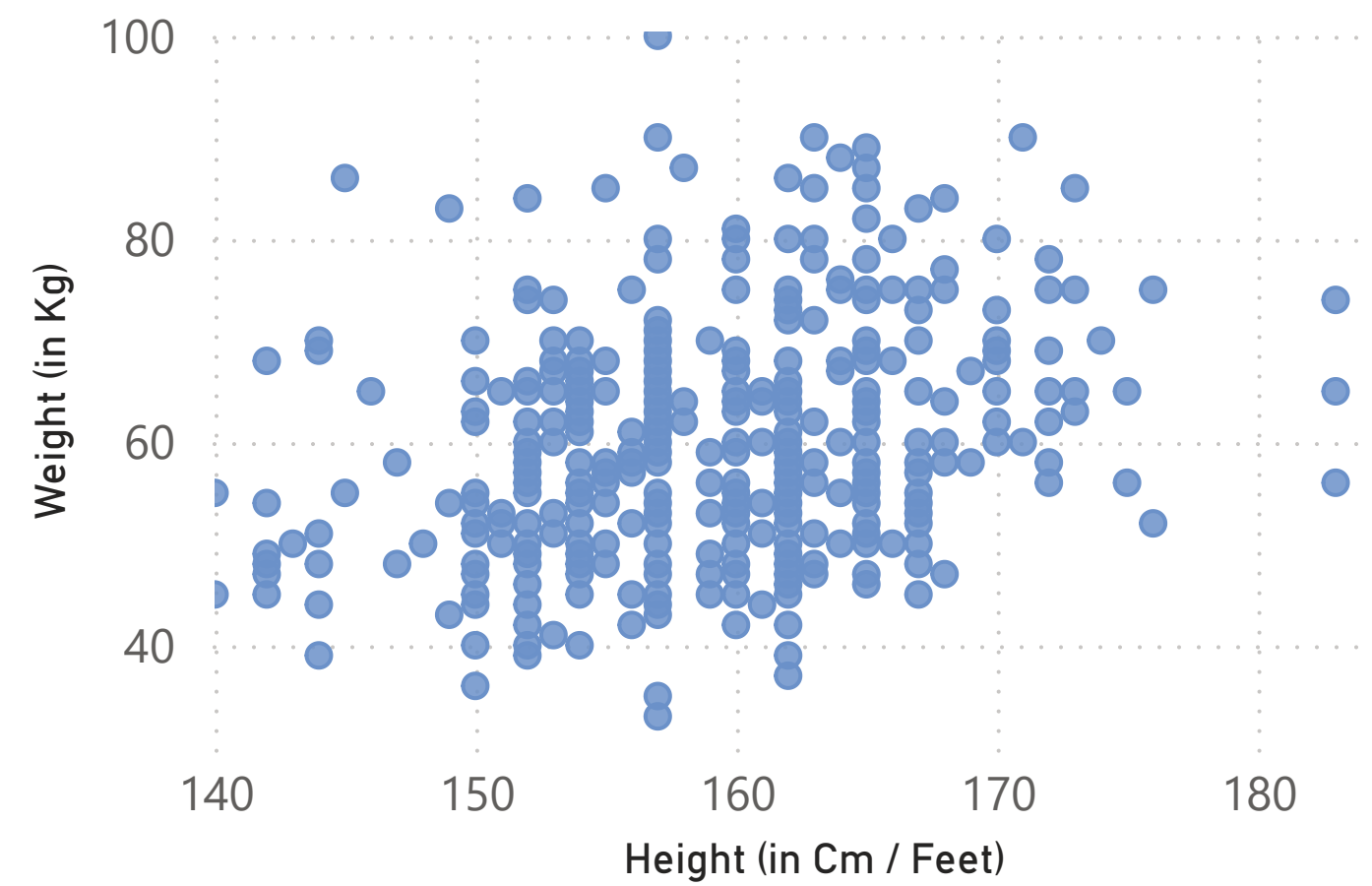| Under 20yrs	20-35yrs	35-50yrs	50+yrs
81	311	68	5

The focal point of the analysis centers around the 20-35 year age group as it makes up over 60% of the participants. The 50+ segment is limited possibly due to the onset of peri-menopause/menopause.
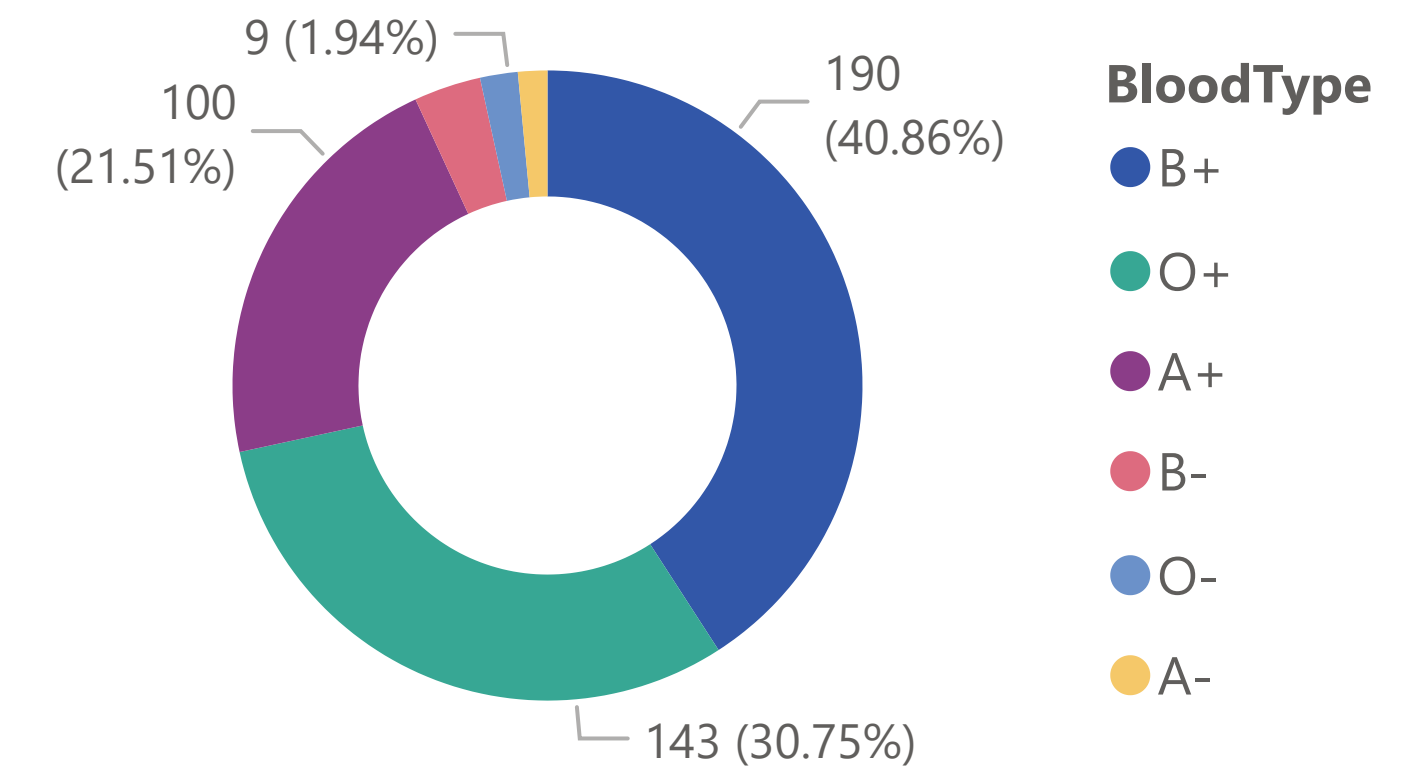
Age distribution

Count of PCOS vs Age_Range_Grps (20-35, Under 20yrs, 35-50, 50-65)

Weight v/s Height

Weight (in Kg) vs Height (in Cm / Feet)

Blood Group Distribution

BloodType
- B+ : 190 (40.86%)
- O+ : 143 (30.75%)
- A+ : 100 (21.51%)
- B-
- O- : 9 (1.94%)
- A-

| Introduction | Overview | Diagnosis Insights | Symptom Analysis | Menstrual Health | Lifestyle Correlations |

DIGNOSIS INSIGHTS

AGE RANGE

| 13 | 58 |
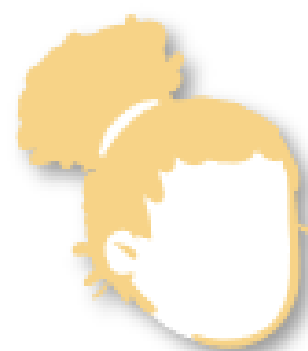
Acne
41.3%
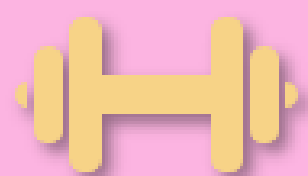
Exercise?
28.6%

Hair Loss
61.9%

Blood Group

11	14
12	15
13	16

Weight Gain
50.1%

Fast Food
35.9%

Skin Issues
33.8%

Diagnosed

Select all

No

Yes

Moods
76.1%

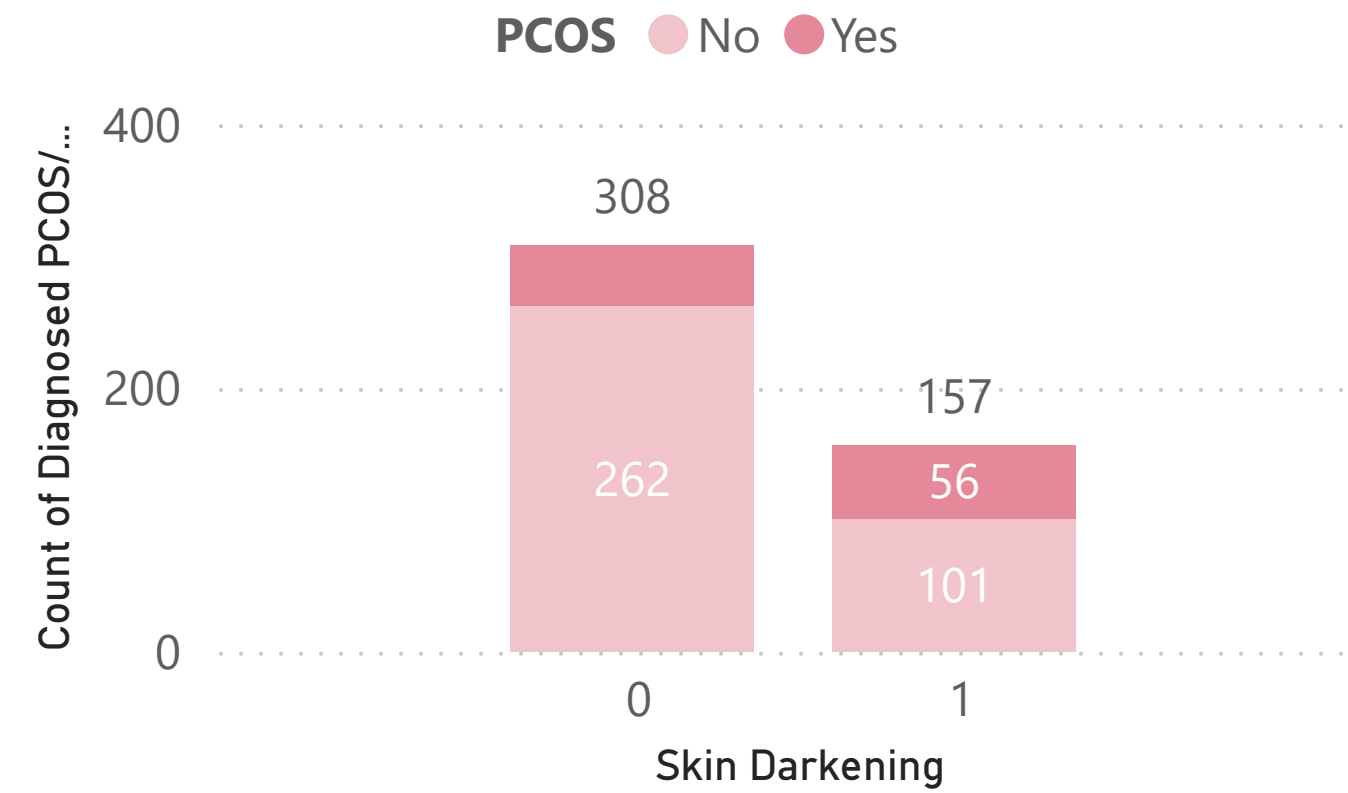### Hair Growth
26.5%

Regularity
78.5%

SYMPTOM ANALYSIS

Count of Diagnosed PCOS/PCOD by Acne

PCOS ● No ● Yes
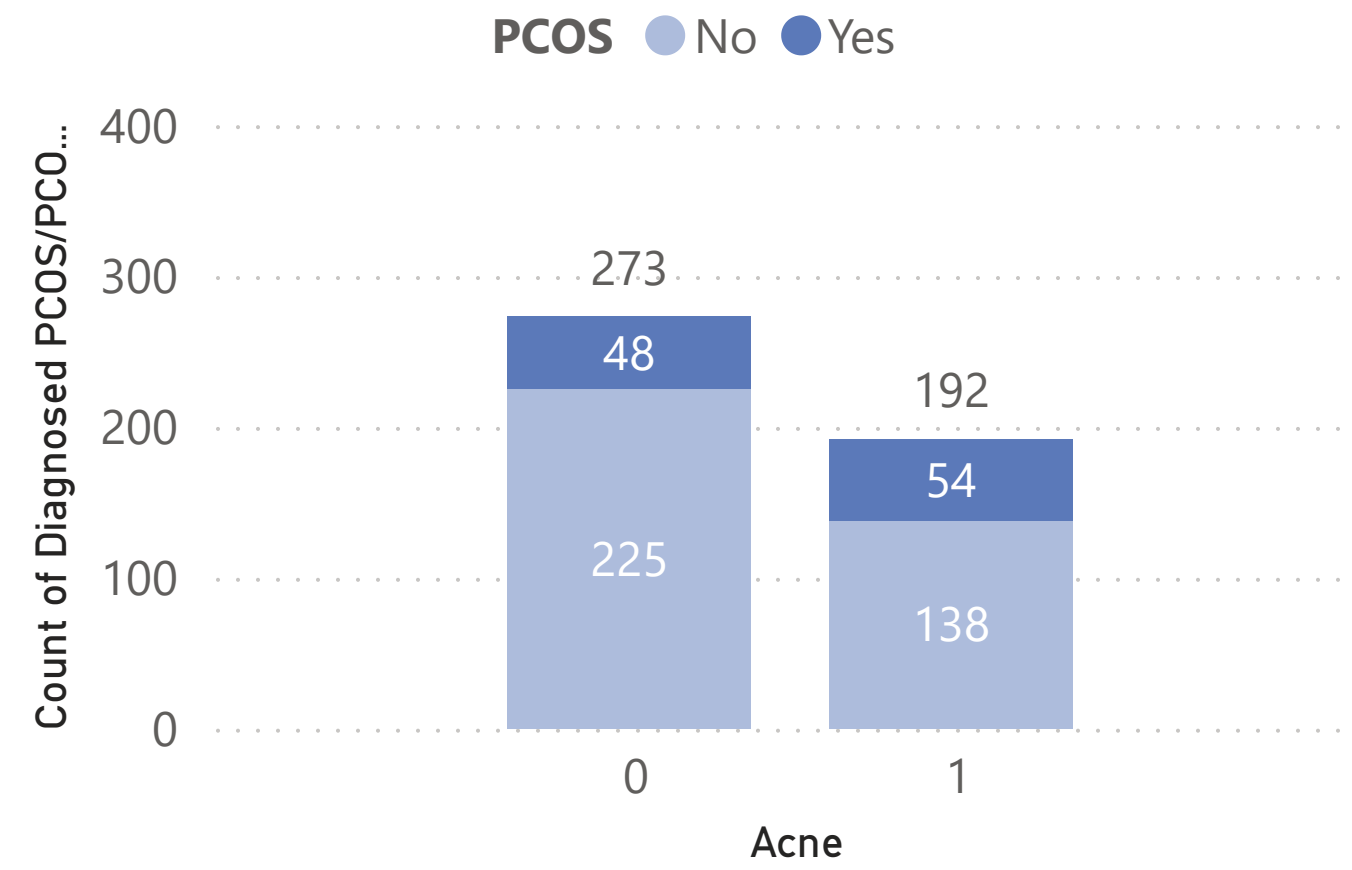
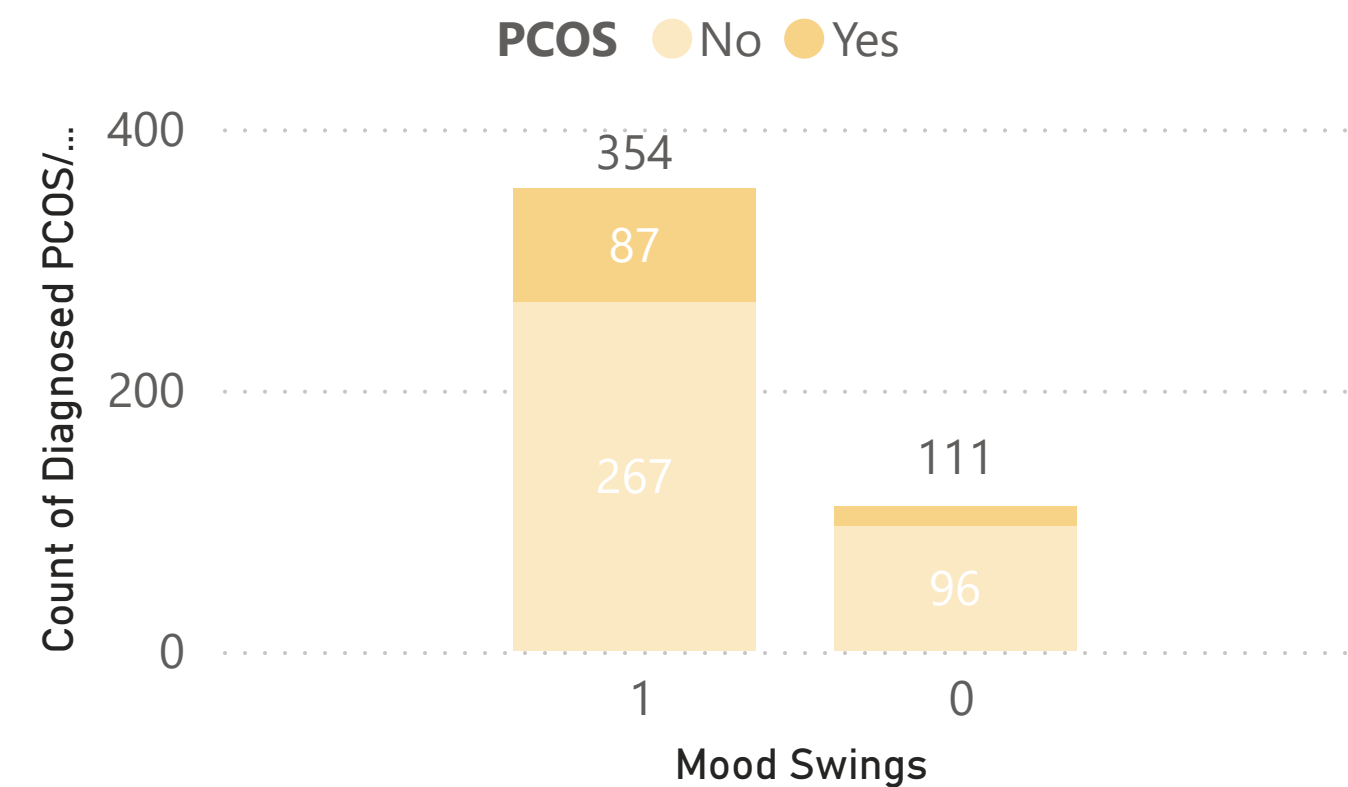## Count of Diagnosed PCOS/PCOD by Skin Darkening

PCOS ● No ● Yes

Count of Diagnosed PCOS/PCOD by Body/Facial Hair Growth

PCOS ● No ● Yes
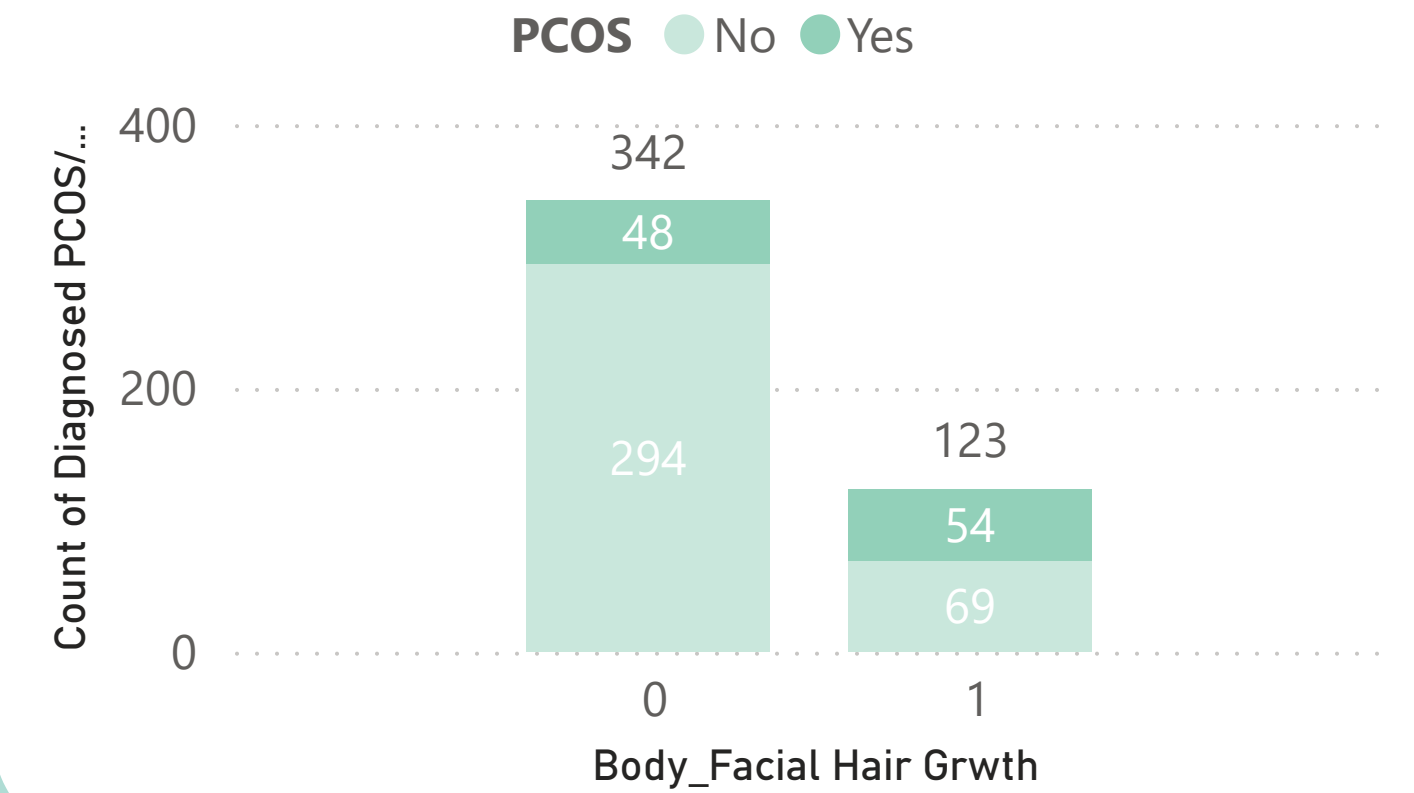
Count of Diagnosed PCOS/PCOD by Hair Loss

PCOS ● No ● Yes
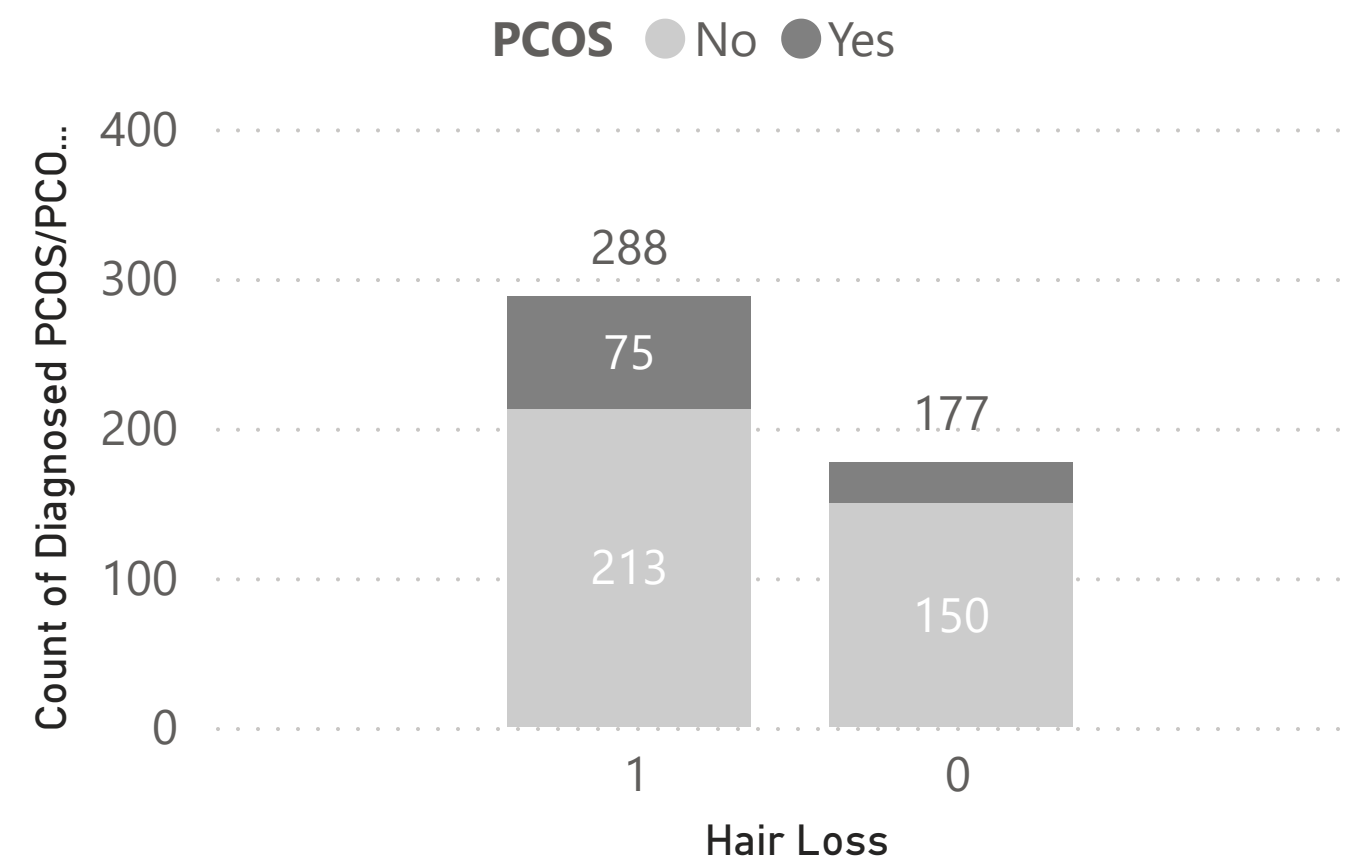
Count of Diagnosed PCOS/PCOD by Mood Swings

PCOS ● No ● Yes

Count of Diagnosed PCOS/PCOD by Weight Gain

PCOS ● No ● Yes

MENSTRUAL HEATLH

Menstrual Cycle Duration

Age Group R... ● 20-35 ● 35-50 ● Under 20yrs

Count of Age_Range_Grps

100

0

0   5   10   15

Number of Days
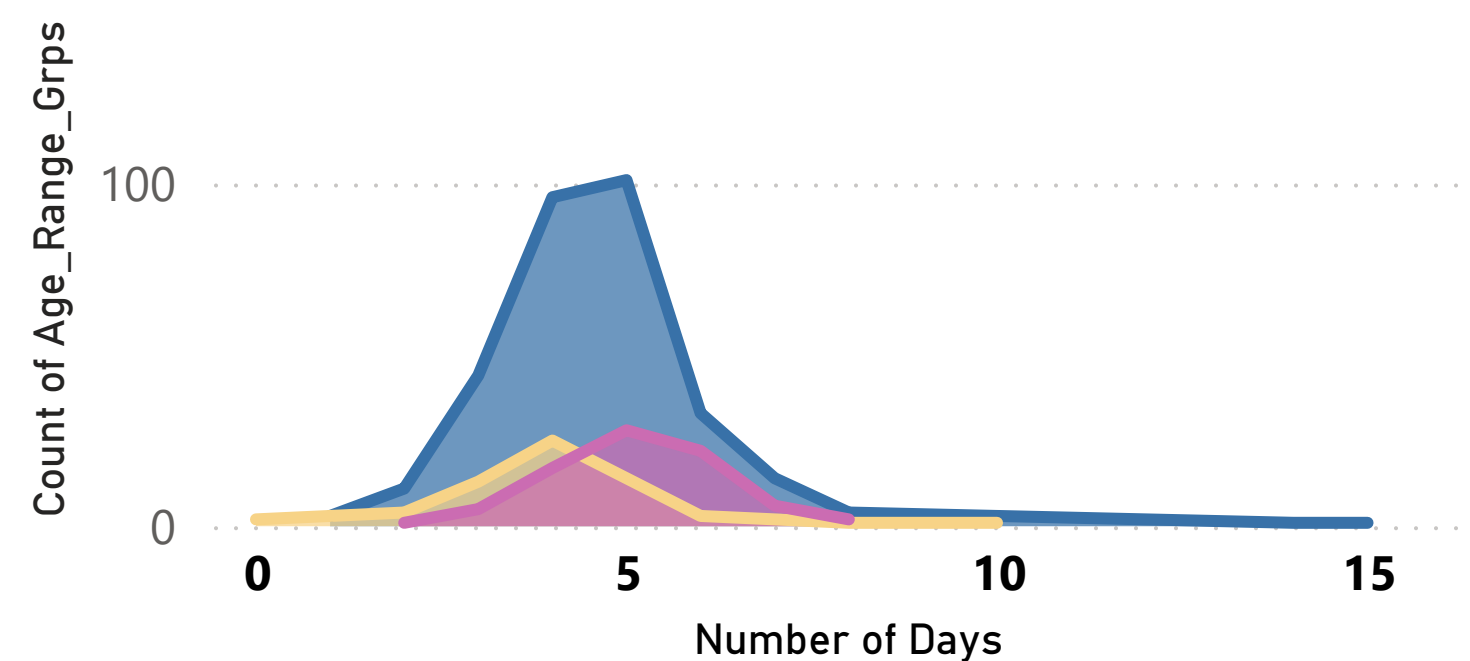
Menstrual Cycle Frequency

Age_Range... ● 20-35 ● 35-50 ● Under 20yrs

Count of Age_Range_Grps

400

300

200

100

0

1   2   3

Period Frequency in Months
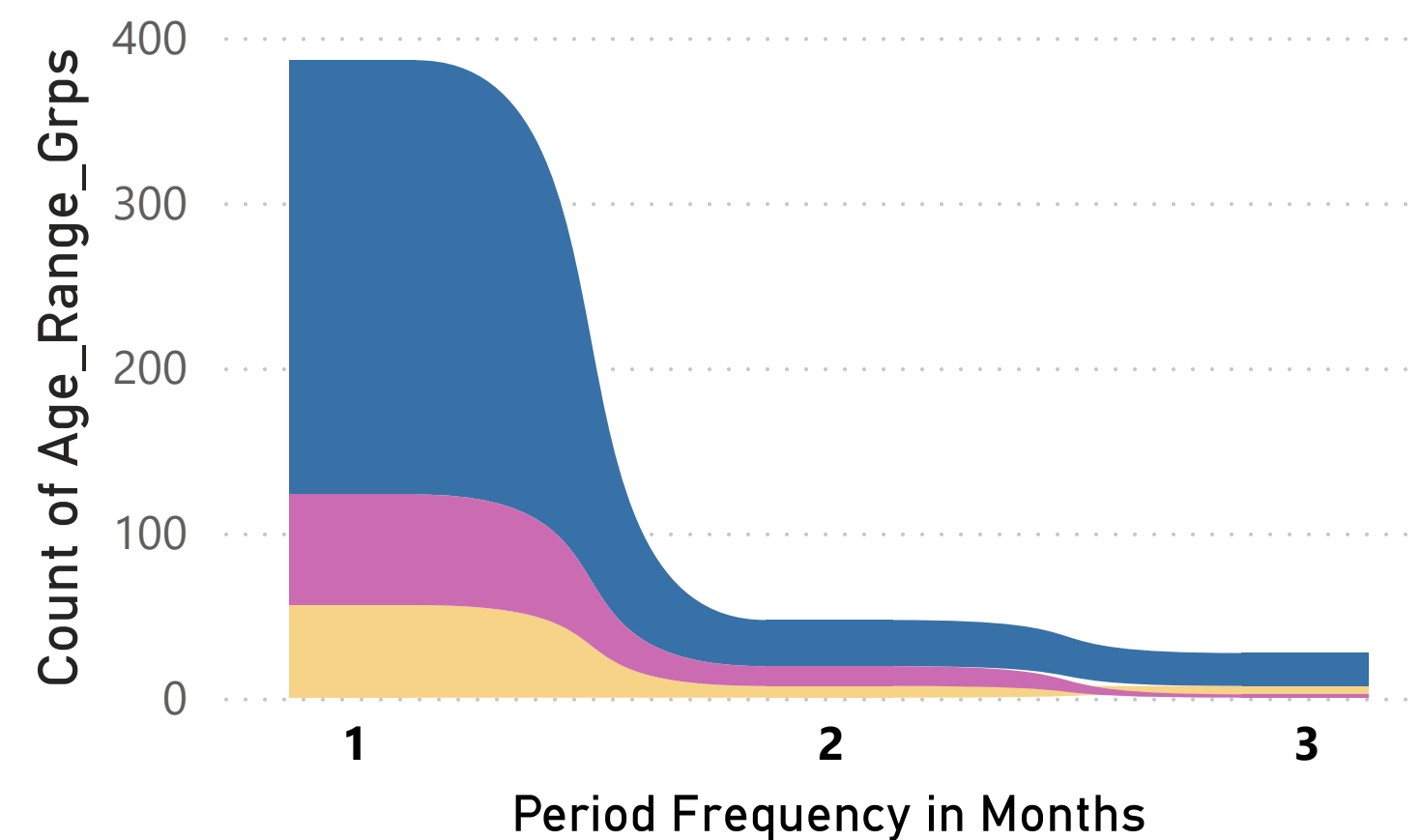
Regularity of Periods by Blood Type

A-	85.7%
A+	80.0%
B-	87.5%
B+	76.3%
O-	44.4%
O+	81.1%

Regularity in Periods

100
(21.51%)

365
(78.49%)

Periods Regul...
● 1
● 0

Period Duration

Count of Diagnosed PCOS/PCO...

200

150

100

50

0

0   10
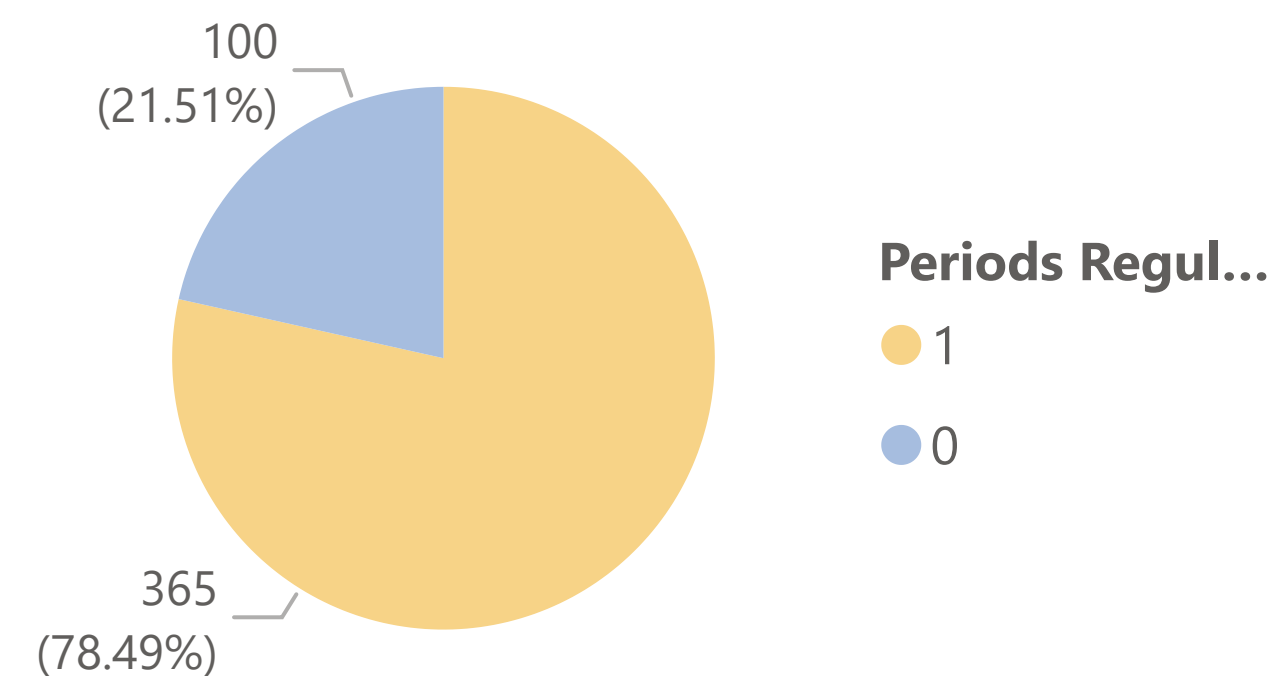
Duration
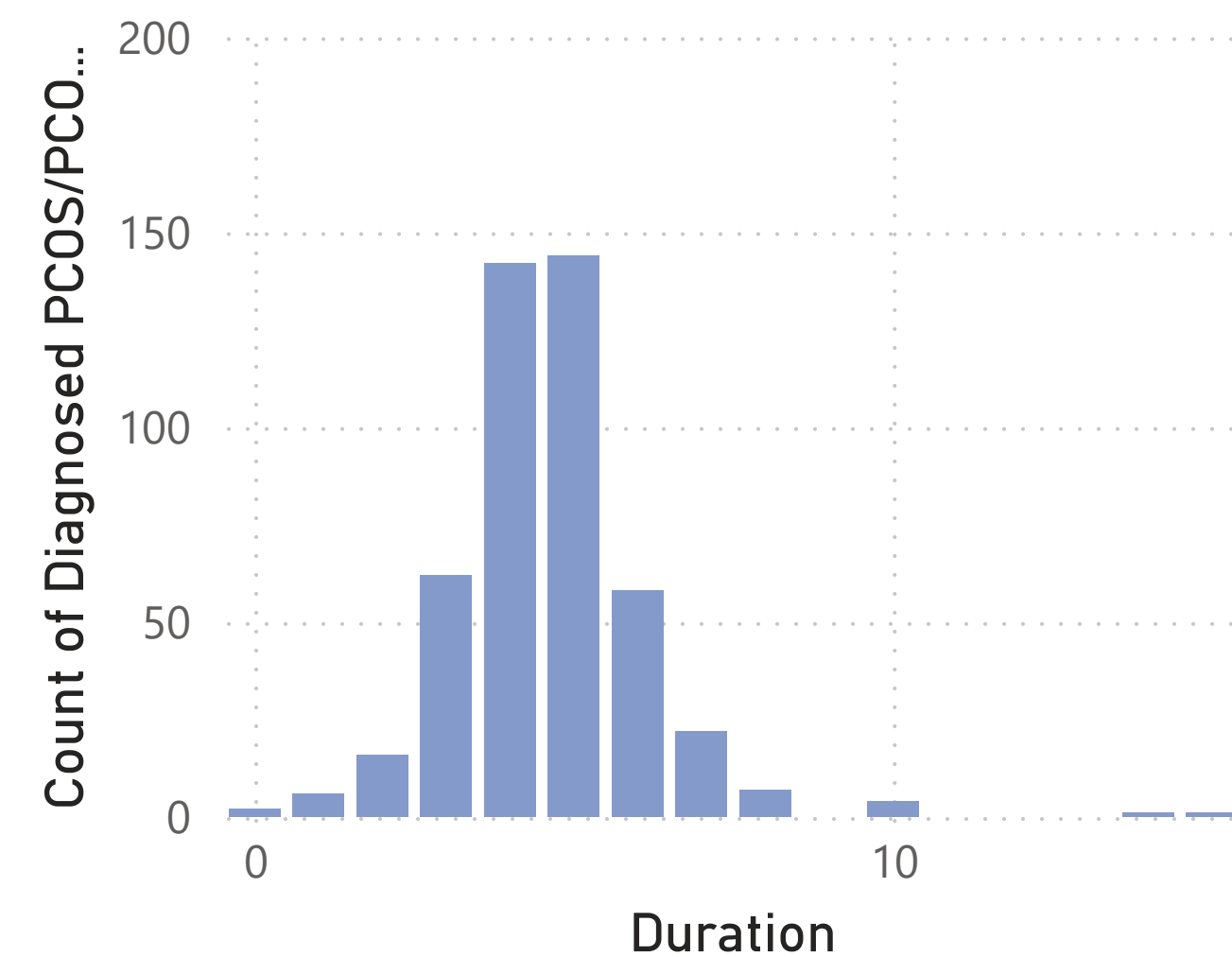
LIFESTYLE CORRELATIONS

Regular Exercise by Age Range

100%

Age Range	Value
20-35	
Under 20yrs	22
35-50	21
50-65	2

2.3%
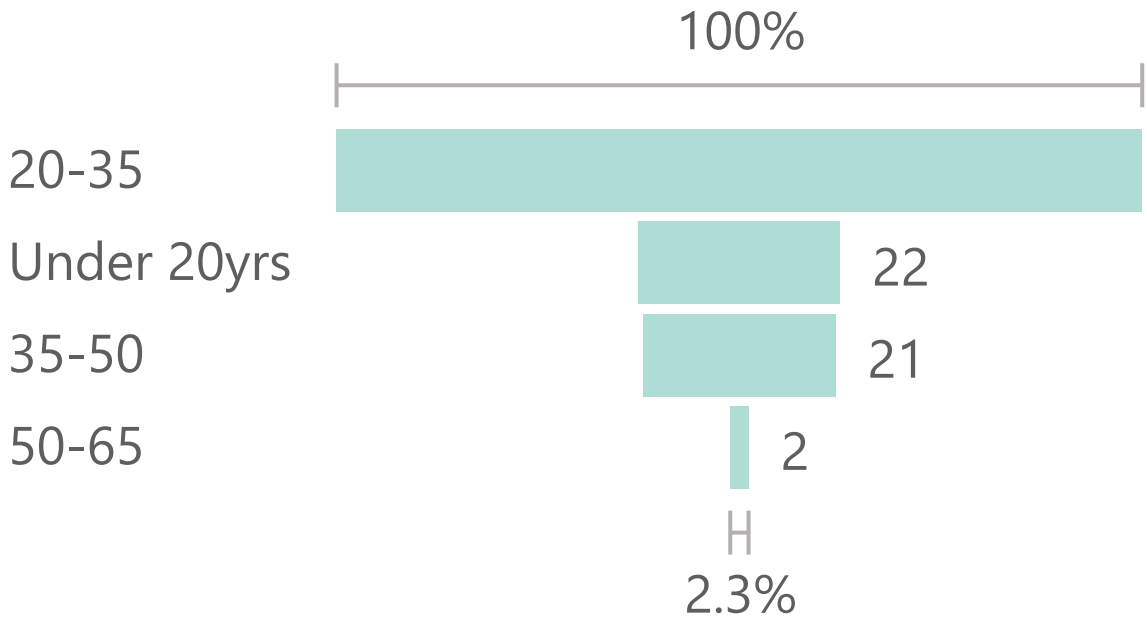
Diagonosed PCOS/PCOD by BloodType

5 (4.9%)
20 (19.61%)
47 (46.08%)
24 (23.53%)

BloodType
- B+
- O+
- A+
- B-
- O-

Fast Food by Age Range

100%

Age Range	Value
20-35	
Under 20yrs	41
35-50	7
50-65	0

0%
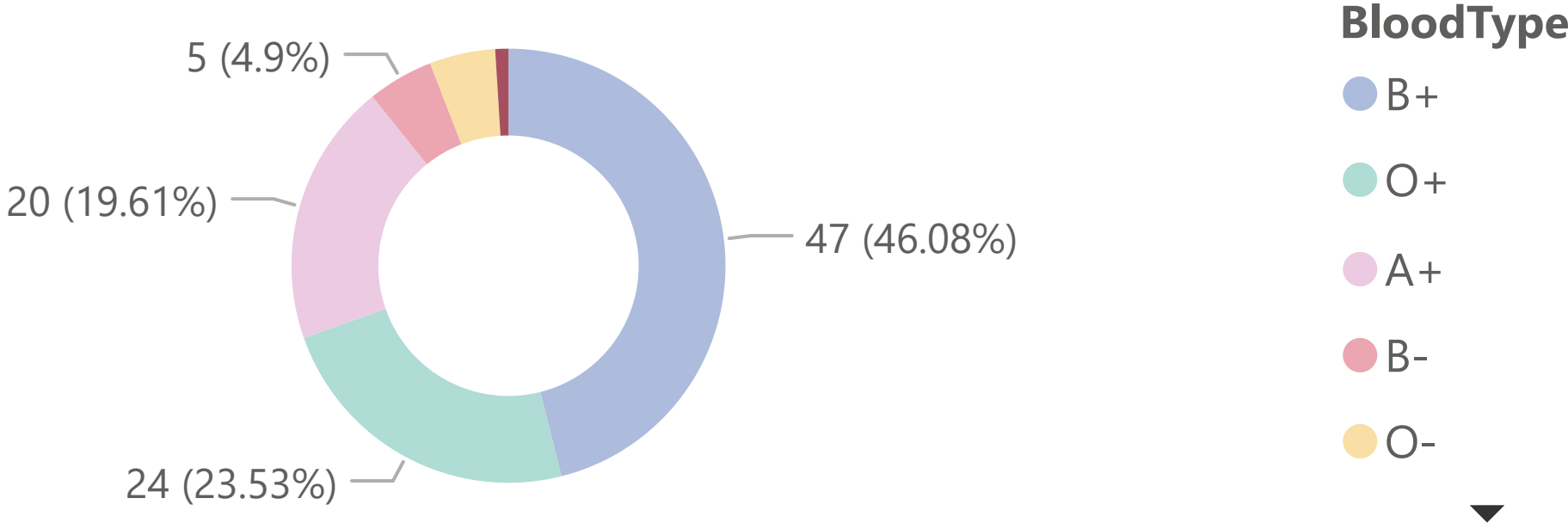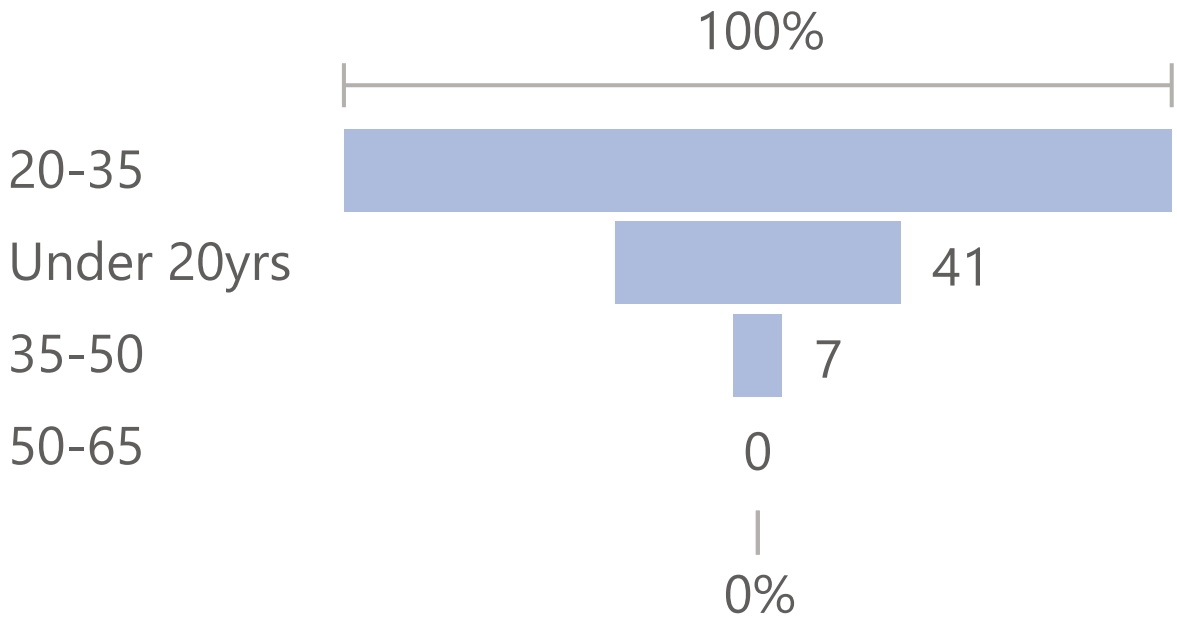
Age_Range_Grps	%GT Sum of Regular Excercise
20-35	66.17%
35-50	15.79%
50-65	1.50%
Under 20yrs	16.54%
Total	**100.00%**

PCOS by Regular Excercise

133 (28.6%)
332 (71.4%)
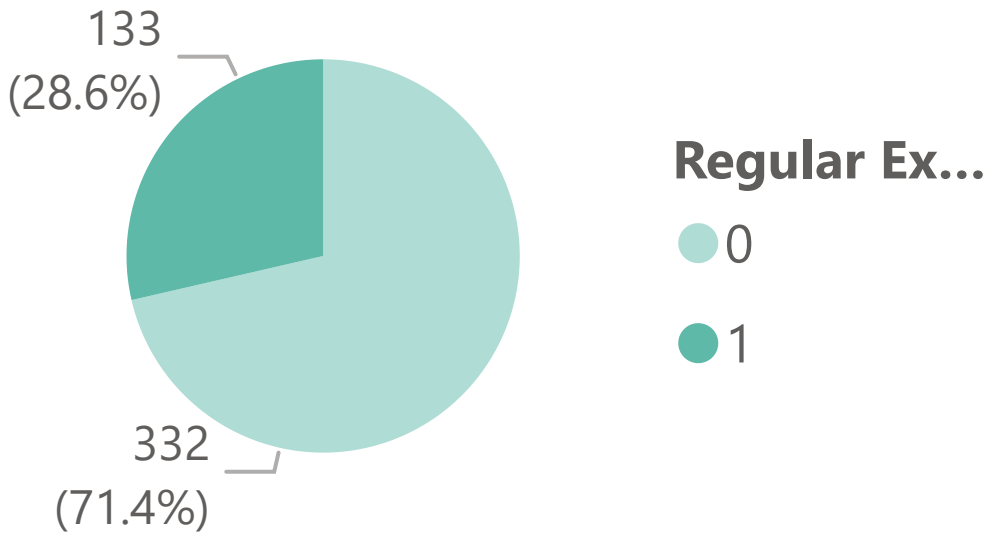
Regular Ex...
- 0
- 1

PCOS by Regular Fast Food

167 (35.9...)
298 (64.09%)
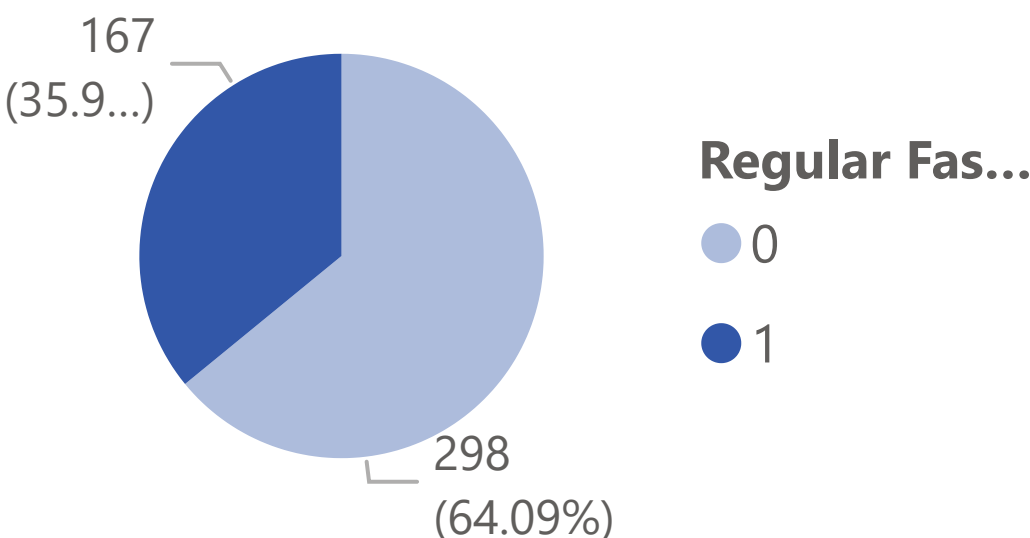
Regular Fas...
- 0
- 1

Age_Range_Grps	%GT Sum of Regular Fast Food
20-35	71.26%
Under 20yrs	24.55%
35-50	4.19%
50-65	0.00%
Total	**100.00%**