

# HORMONES 101

## —understanding PCOS

### WHY IS IT IMPORTANT?

When you understand the key hormones involved in PCOS, everything else starts to make sense — the cravings, the weight gain, the acne, the missed periods. So here's a breakdown to help you take control, not just guess your way through.



#### INSULIN

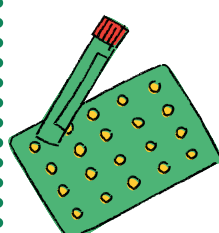


Regulates blood sugar. In PCOS, your cells may resist it.



#### ESTROGEN

The main female hormone, often high in PCOS.



#### PROGESTERONE

Balances estrogen and helps regulate periods



#### TESTOSTERONE

Normally low in women, but often elevated in PCOS.



#### LH and FSH

These signal your ovaries to ovulate, but they're often imbalanced in PCOS.

### WHY IS IT BENEFICIAL?

- Insulin Resistance

When your cells stop responding to insulin, blood sugar rises. Your body pumps out more insulin, which can trigger your ovaries to produce extra testosterone.

- High Testosterone (Androgens)

Leads to acne, facial hair (hirsutism), hair thinning on the scalp, and irregular ovulation.

- Estrogen > Progesterone

Without regular ovulation, progesterone stays low and estrogen builds up. This can cause heavy periods, mood swings, and cycle disruptions.

- LH & FSH Imbalance

High LH and low FSH disrupt egg maturation and ovulation often leading to the classic “cystic” ovaries seen on scans.

PCOS is a hormonal domino effect. Start with understanding insulin, and the rest falls into place.

Want a deeper dive into any of these hormones? Connect with us at LENEST!

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