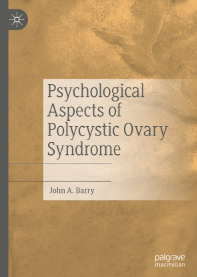
**AUTHOR’S NAME:** John A. Barry **TITLE OF THE BOOK**: PSYCHOLOGICAL ASPECT OF POLYCYSTIC OVARY SYNDROME  
**PUBLISHED DATE**: 2019  
**IMAGE OF THE BOOK:**



**LINK OF THE BOOK:** <https://link.springer.com/book/10.1007/978-3-030-30290-0>

**DESCRIPTION:** This book provides an overview of the latest knowledge of the psychological aspects of polycystic ovary syndrome (PCOS), and paves the way for advances in this rapidly evolving field. Taking an evidence-based approach, the book elucidates the ways in which PCOS causes anxiety and depression, impacts Quality of Life (QoL), and is associated with other psychological issues. The psychological impact of key features of PCOS are explored too, with a special focus on insulin resistance / diabetes, and fertility issues. The book concludes with a chapter on practical recommendations on how best to help with anxiety and depression in PCOS.

An important feature of this book is its identification of the ways in which testosterone, a defining characteristic of PCOS, impacts psychology. In doing so it fills a lacunae in current research and offers evidence that maps out the complex ways in which biology impacts psychology in PCOS, and also how psychology can be harnessed to impact biology in a positive way. It will appeal in particular to scholars and clinicians in the fields of health psychology and women’s health.

**AUTHOR’S NAME:** Ananya Chaudhuri  
**TITLE OF THE BOOK**: Polycystic ovary syndrome: Causes, symptoms, pathophysiology, and remedies  
**PUBLISHED DATE:** May 2023 **IMAGE OF THE BOOK:**

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**LINK OF THE BOOK:** [**https://www.sciencedirect.com/science/article/pii/S2451847623000040**](https://www.sciencedirect.com/science/article/pii/S2451847623000040)

**DESCRIPTION**: Polycystic ovary syndrome (PCOS), an endocrine and metabolic disorder during the reproductive age of women, is characterized by high androgen levels, irregular menses, and small cysts in the ovaries. One in 10 women worldwide is affected by PCOS. Women with PCOS might experience abnormal insulin activity, along with complications such as obesity, acne, pattern hair loss, mood swings, hirsutism, and infertility. PCOS is linked with severe clinical ailments such as type 2 diabetes (T2DM), cardiovascular diseases (CVDs), and cancer. The disease (PCOS) is often caused by a faulty lifestyle, neuroendocrine factors, genetic causes, and androgen exposures, leading to dysregulated hormonal state, hyperandrogenism, hyperinsulinemia, and inflammation. Society often preaches women to keep their physiological problems such as PCOS under the veil. Lack of conscience and the compulsion to abide by societal norms is often a barrier to the early diagnosis of PCOS. This review summarizes the causes, symptoms, pathophysiology, diagnosis, and possible treatment (medical, herbal, lifestyle improvement, acupuncture, and bariatric surgery) related to PCOS.

**AUTHOR’S NAME:** Zhengchao Wang  
**TITLE OF THE BOOK:** POLYCYSTIC OVARIAN SYNDROME  
**PUBLISHED DATE:** 2021 **IMAGE OF THE BOOK:**

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**LINK OF THE BOOK:** <https://www.intechopen.com/chapters/79950>

**DESCRIPTION:** Polycystic ovarian syndrome (PCOS) is the most common endocrinopathy that affects 8–20% of the reproductive age females and adolescent girls every year worldwide and approximately 5 million cases reported in the USA annually. It is more prevalent in urban areas as compared to the rural areas because of the difference in the lifestyles of rural and urban ladies. Rarely PCOS is passed on by heredity in some cases. It mostly occurs due to a lack of awareness. Its symptoms become mild to severe like initially hirsutism, acne which further leads to irregular periods and infertility. The pathogenesis of PCOS is not known because it is a complex multi-genetic disorder. Ovary and adrenal steroid genesis, the action of steroid hormone, action and regulation of gonadotropin, action, and secretion of insulin, obesity, and regulation of energy in PCOS involve genes. Its main clinical manifestations are insulin resistance and increased level of androgen. Metformin is used to sensitize the insulin because the risk of glucose intolerance also gets elevated with insulin resistance, type-2 diabetes, and lipid abnormalities. Likely, the outcome of different, deeply interrelated genetic abnormalities that influence each other and perpetuate the syndrome may be represented by PCOS.

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