

PCOS Companion



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Seek the help u need

What is PCOS?

One in ten women suffers from PCOS. Many women suffer from PCOS because they have no information about their condition. Conquering PCOS is an attempt to raise awareness about PCOS. This initiative aims to help women learn more about this silent syndrome and its condition. The PCOS Awareness Campaign to help PCOS is designed to help women diagnose PCOS at the right time and help them fight and overcome PCOS. Conquer PCOS is also aimed at women with PCOS and help them take control of their health and wellbeing.



PCOS Companion: All About PCOS



Overview

Polycystic ovary syndrome (PCOS) is a common endocrine disorder that affects about 12-18% of women of childbearing age.



Cosmetic Issues

PCOS hyperandrogenism (excessive male hormones) often manifests itself in cosmetically impairing problems such as acne, hirsutism, hair loss, and darkening of the skin.



Irregular Periods

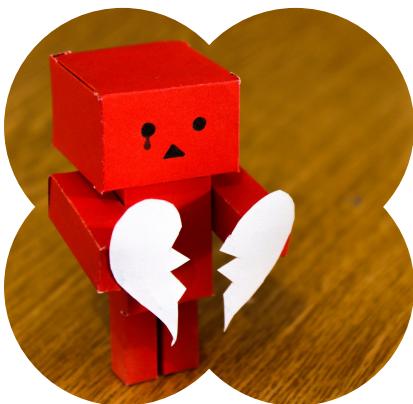
Signs and symptoms of polycystic ovary syndrome often begin shortly after a woman has menarche.



Infertility

PCOS is a common cause of anovulation and female infertility. Anovulation occurs when the ovaries are unable to release eggs during menstruation.

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Early & Recurrent Pregnancy Loss

PCOS reproductive problems often begin with an anovulatory cycle that leads to infertility.



Gestational Diabetes

Women with PCOS, whether overweight or not, are at increased risk of developing gestational diabetes.



Risk For Chronic Diseases

The sooner the diagnosis and treatment of PCOS is, the lower the risk of developing PCOS-related complications.



Nutrition And PCOS

Most women associate PCOS with overweight or obesity. This is a common misconception, but in reality, up to 50% of women are diagnosed with ...