

Raising Awareness for PCOS-PCOD

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ABSTRACT

What is PCOS: (Polycystic Ovary Syndrome) - It is an unusual or long period condition . PCOS is a medical condition that affects women ovaries, some hormones (problem with hormones) that happens during reproductive years. It is a hormonal imbalance condition or an ovarian disease or disorder causing enlarged ovaries with small cyst (little sacs filled with liquid) on the outer edge.

In some cases we heard about PCOD. Is PCOD and PCOS are same? The answer is - It feel like same but PCOS is a bit different from PCOD(Polycystic Ovarian Disease) .In PCOD the ovaries start releasing immature eggs that leads to hormonal imbalance and swollen ovaries and other symptoms such as crystal type bleeding sometimes which has unpleasant the smell and brown in colour. While In PCOS, Endocrine issues cause the ovaries to

produce excess androgens which makes eggs prone to becoming cyst.

I. HISTORY:

PCOS is hormonal problem endocrine disorder which affects at the age of 15 to 44. About 70-75% of women with PCOS hadn't been diagnosed and sometimes some women have PCOS or PCOD but don't know it. Stein -Leventhal initially described it in 1935, However in 1721 Vallisneri , an Italian physician women with shiny ovaries. PCOS began in Paleolithic hunter - gatherer communities. It is worldwide disorder with the lowest estimate begin found in Afghanistan and the highest in Kuwait. The world health organization (WHO) data suggest that approximately 116 million women i.e., 3.4% are affected by PCOS globally.



II. REVIEW:

PCOS is majorly due to an imbalance of androgens. Women with PCOS produce higher than normal amount of male hormones. In many cases, the cluster of molecules of Cuproptosis - related genes were investigated. PCOS mainly affects a women ovaries, the reproductive organs that produce estrogen and progesterone these hormones regulate the menstrual cycle. The cysts

which are produce, actually these are follicles ,each containing immature egg. these eggs never mature enough to trigger ovulation and this lack of ovulation alters level of estrogen, progesterone, FSH and LH.

Extra male hormones disrupt the menstrual cycle and so women with PCOS get fewer periods than usual. While PCOD is metabolic disorder wherein many cyst grow on both the

ovaries, leading to ovaries stop releasing eggs .It is serious condition which can be diagnosed in about 0.2 to 2.5% of total women population of the world. There is a 50% possibility of getting PCOD among the women whose near female relatives suffer from PCOD. The female who have endometrial hyperplasia, infertility, sleep apnea, insulin resistance, metabolic syndrome, depression and however your age will increase this PCOS may lead to 2 types of diabetes [T2DM].

The PRISMA [Preferred Reporting Items for Systematic Reviews and Meta- Analyses] guidelines , the researchers scoured databases like PubMed, Scopus, Web of science studies evaluating the effect of Vitamin E. it also impact on BMI. It increase the FSH and Progesteron level and also it can decrease the level of testosterone and LH. According to some current research , PCOS and PCOD increases the risk of endometrial cancer in women of all ages. The causes of PCOS is not known but due to weight gain and obesity , high sugar level ,heredity are also PCOS can occured.

How PCOS affect the body:

- Irregular menstrual periods.
- Irregular ovulation.
- Metabolic syndrome- the metabolic syndromes are high blood pressure, high blood sugar, low HDL[high density lipoprotein] means good cholesterol. And high LDL [low density lipoprotein]means bad cholesterol these are the factors. They can be result in Diabetes, heart problems.
- Insulin resistance- Due to insulin resistance the cell can not use insulin properly and the demand of insulin can increases.
- 2 Types of Diabetes- [T2DM] –Gestational diabetes mean the diabetes when female is pregnant. And it is risky to baby and mother.

SYMPTOMS:

- irregular menses
- excess androgen levels
- high stress levels
- high blood pressure
- skin tags

- infertility
- acne, oily skin, and dandruff
- high cholesterol and triglycerides
- acanthosisnigricans, or dark patches of skin
- fatigue
- female pattern balding
- insulin resistance
- type 2 diabetes
- pelvic pain
- depression and anxiety
- weight management.

DIAGNOSIS:

There are many tests or exams which help in the diagnosis of PCOS or PCOD. Patient have to consult with proper doctor or gynecologist to treat well –

- Sonography [Pelvic ultrasound]- This test is use to examine our ovaries and check overall endometrium lining. Also diagnose other pelvic or abdomen related problems.
- Abdomen Pelvic exam- To check the size of our ovaries, and to check male hormones.
- Blood test – blood test is to check male hormones such as androgen , to check blood report , blood count, thyroid test, diabetes test , cholesterol level, UCG test.
- Physical test- To check our BMI, PCOS related issues such as acne, facial hairs, any unwanted hairs.

TREATMENT: [Drugs]

- Letrozole over clomiphene citrate and vitamin E it is an ovulation induction drug .
- Gonadotropins.
- Metformin
- Eflornithine
- Vitamin E supplementation can decreases oxidative stress in PCOS. ·Self care.
- Eat more fruits, focus on fiber, healthy foods.
- Regular exercise.
- Anti inflammatory treatment.
- Healthy lifestyle.
- Birth control pills.
- Acne treatment.

Do's	Don'ts
1.Eat more fruits and balanced diet rich in proteins.	1. Don't eat more calories or any refined foods
2.Take meal on time.	2.Don't eat high fatty food

3. Replace dairy foods with skimmed and toned milk, low fat curd, yogurt.	3. Don't eat pickles, papads, desserts, Oily foods.
4. Eat Orange, berries, banana and any seasonable fruits.	4. Don't skip Breakfast.
5. Take enough sleep.	5. Don't skip proper sleep.
6. Maintain proper weight.	6. Don't skip exercise.
7. Drink more water.	7. Avoid smoking and drinking.
8. Take proper medications.	8. Do not avoid symptoms.

III. CONCLUSION:

PCOS or PCOD is the unwanted or unknown disorder. If you are suffering from this you have to consult with proper doctors and physicians. Don't panic with the symptoms like hair growth, weight gain, hair loss, stress, anxiety, irregular periods. Diagnose it with proper manners, keep your lifestyle healthy, keep your mind fresh and maintain your medications.