

Polycystic Ovary Syndrome – Fact Sheet

Polycystic Ovary Syndrome (PCOS) is the result of excess androgen production caused by the inappropriate gonadotropins secretion. The hormonal imbalances within the body cause the development of cysts on the ovaries, chronic anovulation (oligomenorrhoea and amenorrhoea), increased endometrial proliferation, hirsutism, acne, seborrhoea and male pattern baldness. Hypertension, dyslipidaemia and hyperinsulinaemia are all associated with PCOS. It is common for people suffering from PCOS to be obese as well as insulin resistant, however; regardless if overweight, PCOS sufferers exhibit greater hyperinsulinaemia than people without the condition. People with PCOS will often have elevated levels of testosterone, luteinizing hormone and DHEA-S. If left untreated PCOS can increase your risk of miscarriages and infertility.

Nutritional Considerations

- Adopt a low GI diet to ensure blood sugar levels are stabilised.
- Eat quality proteins, complex carbohydrates, lots of fresh vegetables and fruits and good fats.
- Avoid caffeine, refined carbohydrates and sugars, alcohol, processed foods, saturated fats and deep fried foods as these food will cause a spike in insulin and therefore blood sugar levels will become unstable.
- Lose weight and maintain a healthy weight range.
- If anxiety and stress is present in your lifestyle it is important to find ways to manage it.

There are specific vitamins and herbs that can be very effective in the management of PCOS and can balance blood sugar levels, balance hormones and aid the detoxification pathways.

Customised nutritional plans comprising of a specific food plan with the support of nutrient/herbal supplements can be very effective in the management of PCOS. If you require support please visit www.good4younutrition.com.au