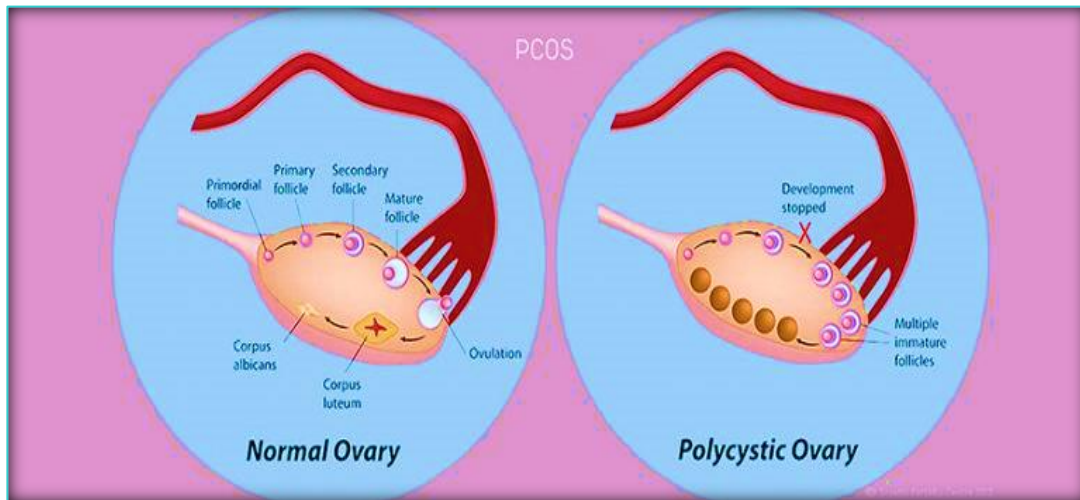


PCOS



POLYCYSTIC OVARY SYNDROME – Most prevalent endocrinopathy in women 6-21% dependent on the diagnostic criteria and population. 1 in 10 women do suffer with PCOS. It is a complicated syndrome where you can have cyst on ovaries without having PCOS. PCOS is a condition that affects women's hormone levels. Where in this syndrome produce higher than normal male hormones.

To be diagnosed with PCOS you need to have two out of these three conditions.

1. **Polycystic Ovaries**
2. **Hyperandrogenism**
3. **Anovulation (menstrual difficulties)**

FAT LOSS CAN BE HARD BECAUSE OF THESE REASONS:

- BMR can be up to 40% less than those without the condition.
- Often have insulin resistance.
- Impaired appetite control is common.
- There are notable metabolic & reproductive implications.
- Psychological impact (Depressive symptoms).
- Higher protein oxidation at night.



LIFESTYLE CHANGES THAT MAY HELP

- Weight loss regardless dietary composition will improve symptoms (this should be first priority).
- Nutrition & Lifestyle changes will be the key in increasing insulin sensitivity and aiding fat loss.
- Calorie deficit will need to be monitored and adjusted over time. It will lower than that of someone without that condition.
- Higher than average protein consumption to retain muscle mass.
- Adequate fruit intake in the diet to help reduce protein oxidation.
- Resistance training and or HIIT sessions will help to improve insulin sensitivity.

SUPPLEMENTS

OMEGA 3- reduce insulin sensitivity

VITAMIN D – linked to insulin resistance and also help with menstrual frequency.

PROBIOTIC – some new research proves that they may have a positive effect on weight loss and insulin sensitivity. (but all probiotic has different strains)

INOSITOL – 2g daily for 6 months as it can take long to see effect. It has been shown to help improve symptoms of PCOS including menstrual cycle, Hyperinsulinemia and hyperandrogenism.

L-CARNATINE- It can help with weight loss and improve insulin sensitivity. (250mg daily).

MUFA shows greater weight loss in PCOS.



OHP