

PCOS-The Matter of Prevention

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Abstract: *The present study experimentally investigated the effect of PCOS in women, although dietary interventions have been studied as a first-line therapy for PCOS patients, the ideal diet has not been identified. Appropriate food and maintaining a sufficient nutritional status are crucial for preventing this illness, treatments and dietary practices are crucial for the recovery of PCOS patients. At present time, the intake of drugs and alcohol has been increased in women which leads to unhealthy lifestyle. This results in miscarriages and abortions which destroys their physical and mental health. Hence IVF techniques are becoming more popular to these women. Thus the demand of nutrition counseling is the necessity of present time Which will help them to opt for the natural process. This review paper showed that it has been demonstrated that a variety of eating regimens, including the Mediterranean diet, ketogenic diet, Dietary Approaches to Control Hypertension, and other dietary regimens, have an impact on weight loss and insulin resistance (IR), as well as enhance reproductive function. Women with PCOS, benefit from diets that lower obesity and insulin resistance rates, and the status of these conditions should be assessed at the early stages of the illness, in order to provide a durable and tailored nutritional strategy. This research is intriguing and it gave an overview about women facing infertility due to lifestyle, hormonal imbalances and problems like irregular periods, PCOS. So it has become common problem to educate and help in curing. One of the most prevalent endocrine and metabolic conditions in premenopausal women is polycystic ovarian syndrome (PCOS). Although the exact cause of this condition is still largely unknown, growing evidence points to PCOS as a complex multi-genic disorder with significant environmental and epigenetic influences, including dietary and lifestyle choices. In order to properly diagnose and treat PCOS, a few well-recognized diagnostic techniques must be used, as well as therapy strategies that target hyperandrogenism, the effects of ovarian dysfunction, and the related metabolic issues disorders. This research aims to provide a balanced review of the knowledge about PCOS as well as a few concise, straightforward principles for the accurate diagnosis and long-term clinical management of women with PCOS.*

Keywords: Hormonal Imbalance, Hypertension, IVF, Lifestyle, PCOS

1. Introduction

A hyper androgenic condition called polycystic ovary syndrome (PCOS) is characterized by chronic oligo-anovulation and polycystic ovarian morphology. It is frequently accompanied by psychological problems, such as depression and other mood disorders, as well as metabolic abnormalities, particularly insulin resistance and compensatory hyperinsulinemia, which is known to play a significant role in altered testosterone synthesis and metabolism. The majority of women with PCOS are also overweight or obese, which worsens metabolic and reproductive issues while increasing androgen secretion, potentially favoring the development of the PCOS phenotype. The description of PCOS has sparked an incredible rise in interest in this condition among scientists, who should now focus on enhancing individualized clinical techniques and, subsequently, treatment approaches.

2. Methodology

The goal of the study is to identify the number of married women suffering from PCOS which is the major cause of infertility general dietary assessment was done lifestyle patterns were educated about the proper routine healthy lifestyle and were guided about stress free life subjects counseled about healthy and nutritious dietary pattern and cleared all the misconception about eating habits / food.

3. Result

The study involved 50 infertile women from Angel's Infertility Clinic Khatiwala tank, Indore.66% of patients were suffering from PCOS or PCOD whereas 34% were not suffering from PCOS or PCOD.30% were experiencing

regular periods. And 70% were facing irregular periods.65.3% faced painful period, whereas 34.5% did not suffer from painful periods. Only 56% women rises early in the morning, whereas 44% rises too late and stay awaked till late night.

4. Conclusion

This study revealed a few modifiable infertility-related factors. The study found that irregular menstrual cycles, marital and family strife, obesity, increased consumption of readymade foods, and a lack of among other things, were several typical risk factors linked to infertility. The majority of these elements were significantly associated with infertility. The current investigation came on to the following conclusion that 66% of the women were suffering from PCOS or PCOD. When menstrual cycle for the sample population was analyzed, it was discovered that the proportion of women were facing irregular periods. The outcome might have been different had the analysis been conducted on a larger sample size or in Indore. Possibly further investigation is needed on this. This study's focus was only on assessing.

References

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