

One in Every 10 Women in India has Polycystic Ovarian Syndrome (PCOS)

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Abstract: Polycystic ovarian syndrome commonly known as PCOS, is a very prevalent reproductive disorder in women and the leading cause of infertility among women today. According to study by PCOS society, one in every 10 women in India has polycystic ovary syndrome and out of every 10 women diagnosed with PCOS, six are teenage girls. The reason are associated with western lifestyle practices and modernization living. The study on PCOS was conducted among 60 college students between the age groups of 18-20 years. Among 60 samples, 5 students exhibit the symptoms of PCOS and undergoing treatment for irregular menstrual cycle.

Keywords: polycystic ovarian syndrome, menstrual cycle, infertility, anxiety and depression, sleep apnea, diabetes, hypertension, preterm labour

1. Introduction

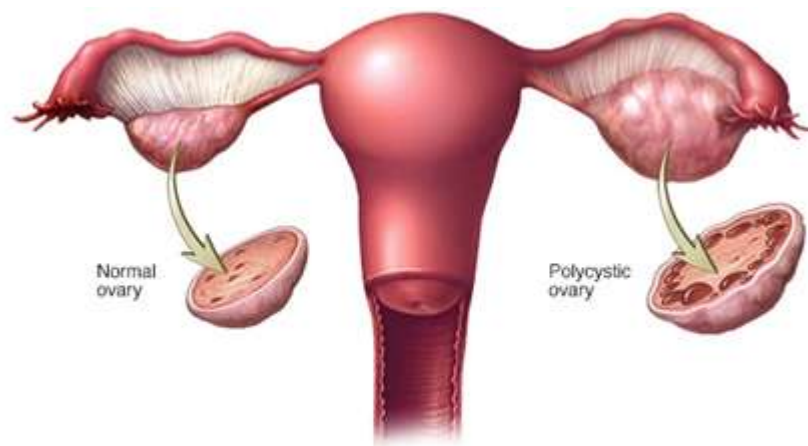
PCOS is the most common endocrine disorder due to elevated androgens (male hormone in female) among women between the age group of 18 and 44. Polycystic Ovarian Syndrome (PCOS) is the condition in which women typically have a number of small cysts around the edge of their ovaries. Women with PCOS either fail to ovulate or they ovulate infrequently which is any one of the leading cause for fertility problems. Women with PCOS have a higher risk of developing health complications like hypertension, high cholesterol, anxiety and depression, sleep apnea, heart attack, diabetes, and endometrial ovarian and breast cancer. Also, pregnant women with PCOS have higher rates of miscarriage (abortion), gestational diabetes and pre mature (preterm) delivery.

2. Spectrum of Symptoms

Girls and women suffering from PCOS exhibit a range of symptoms such as

- Weight gain
- Fatigue
- Unwanted hair growth
- Acne
- Pelvic pain
- Head aches
- Sleep problems
- Mood changes

Girls with PCOS typically have irregular periods or amenorrhoea, and heavy or scanty bleeding during menses. Most symptoms begin shortly after puberty and they can also develop during late teens and into early adulthood



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Figure 1: Normal and Polycystic Ovary

Statement of the Problem

Prevalence of polycystic ovarian syndrome among adolescents college students, chrompet, chennai.

Objectives

- 1) To assess the prevalence of polycystic ovarian syndrome among adolescent college students.

- 2) To assess the effectiveness of educational awareness programme regarding management of polycystic ovarian syndrome

3. Research and Methodology

The research design of the study was pre-experimental onegroup pretest and post test design. The study was

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conducted among adolescents college students, chrompet, chennai between the age group of 18-20 years. The sample size was 60 students.

Tools Used For Data Collection

Tool 1: Checklist was used to assess the prevalence of PCOD

Tool 2: Structured questionnaire was used to assess the knowledge level.

Tool 3: Video teaching about management and prevention of PCOD.

4. Findings of the Study

- Among 60 samples, 5 students had the symptoms of PCOD and receiving the treatment for PCOD to regularize the monthly periods.
- In regard to pre-test, 18(60%) had inadequate knowledge, 9(30%) had moderately adequate knowledge and 18(60%) had adequate knowledge.
- In relation to post-test, 13(43%) gained adequate knowledge, 14(47%) gained moderately adequate knowledge and 3 (10%) had inadequate knowledge.

5. Conclusion

Promotion of healthy life styles, healthy food (high fibre foods can help combat insulin resistance by slowing down digestion and reducing the impact of sugar on blood), the need for regular exercise and increased awareness programme on PCOS is the need of the hour to enable holistic solution to the problem. Indian traditional lifestyle practices will have great impact in prevention of polycystic ovarian syndrome among teenage girls.

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