

## **6. How to Manage PCOS**

**"In medicine, we ought to know the cause of disease to find its cure."**

The primary hormonal imbalance in PCOS is high Insulin and insulin resistance. A condition where the Insulin hormone fails to function normally. Insulin is the hormone that helps the body use glucose for making energy. For managing PCOS, it is vital to know what causes Insulin resistance. In addition to treating Insulin resistance, treating PCOS will also require managing menstrual irregularities, male hormone excess problems such as Hirsutism and Infertility. Managing PCOS therefore requires:

***Management of Insulin resistance***

***Management of menstrual irregularities.***

***Control of Hirsutism and other signs of male hormone excess***

***Management of Infertility when indicated***