

## ***1. What Is PCOS ( Polycystic Ovarian Syndrome or Disease)?***

PCOS or PCOD is a medical condition affecting women of childbearing age. The cause is an imbalance of certain hormones (chemical messengers) of the body. PCOS has become an epidemic amongst young women in big cities. The disease is primarily the result of eating unhealthy factory-made foods and living an unbalanced lifestyle. It is more common in the age group from teens to early twenties. PCOS presents with the following signs and symptoms:

- Elevated levels of male hormones resulting in hirsutism-unwanted male pattern hair on face, chest, and back, acne, and sometimes male-pattern loss of hair on the forehead and sides, and even a change in the voice
- Menstrual irregularities or no menstruation (called amenorrhea)
- Multiple cysts in the ovaries-- Polycystic means numerous fluid-filled sacs in the ovaries

The patients with PCOS seek medical help because of unwanted facial hair, irregular menstrual cycle or amenorrhea (no menstrual cycle), and Infertility. Women with PCOS are at a higher risk for many medical conditions such as Obesity (especially abdominal type), Type 2 diabetes, High blood pressure, High levels of bad Cholesterol, Anxiety, Depression, and Mood disorders. Untreated PCOS also increases the risk of uterine (womb) cancer and possibly ovarian cancer later in life.