



For Every **Body** that Moves

Polycystic Ovary Syndrome

Patient Information Booklet

What is Polycystic Ovary Syndrome?

Polycystic ovary syndrome (PCOS) is a condition affected by a hormone and metabolic imbalance. It can cause some women to develop additional hair growth, heavy periods, and in some cases acne. Like all conditions some women present with symptoms whilst some do not.

During ovulation as an egg is released from the ovaries, the follicles breakdown. PCOS affects the reproductive organs where during ovulation the egg does not fully mature. A build-up of follicles occur, resulting in sacs filling with liquid, ultimately developing into cysts. Cysts can multiply over time causing the ovary to become obstructed and inflamed. Therefore some women can cease to have regular periods.

High levels of insulin within the female body can cause production of male hormones, such as testosterone.

Causes of Polycystic Ovary Syndrome

It is unknown what the main cause of PCOS is but there is thought to be a possible genetic link, a prenatal influence or even the use of contraceptive pill medication influencing PCOS.



**5 million women in USA
affected by PCOS, ranging
from adolescents to
menopausal age.**

Signs & Symptoms

This is a list of possible signs and symptoms, but it does not mean you will experience all of these, everyone is individual:

- Diabetes – gestational and/or type 2
- Increased weight gain in mid-section
- Infertility or issues falling pregnant
- Baldness or hair thinning

- Extra hair growth
- Acne
- High blood pressure
- Heart disease
- And other systemic issues

Exercise & Balanced Eating

Research has shown the importance of complete high intensity interval training (HIIT). This does not have to be a long session but 7-12 minutes daily, and for a minimum of 10 weeks.



EAT better. MOVE more.

Some people who have PCOS have found the elimination of the following to be very beneficial in the management of their symptoms. However, this list is not exclusive and it is just advice. You may want to be familiar with the recommendations, but make the decision as to whether you adhere to them:

- Eating fresh and wholesome food
- Reduce meat intake
- Avoid alcohol
- Reduce or eliminate gluten, sugar, soda, fruit juice

It is very important to remain hydrated. This not only applies to those with PCOS but the general public. Research has shown intermittent fasting can be beneficial. A simple change with regards to fasting may be no eating after a certain time of night. For instance, no food after 7pm.

Self Help

It is important to note there are some other options you can implement.

- Quit smoking
- Weight loss
- Healthy balanced nutritional diet
- Avoid use of plastic containers when heating foods.


Ultimately you want to reduce the risk of developing diabetes and heart issues by maintaining a healthy body weight.


Further Information

If you require further information and advice regarding this condition, please contact via the following to arrange an appointment with Nicola. The initial appointment will be an hour and all follow-ups 30 minutes:

Online booking: npphysio.co.nz

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