



## Polycystic Ovary Syndrome (PCOS): A Hormonal Disorder

Marlene Shehata\*

Clinical Pharmacist Consultant/Cardiovascular Geneticist, Canada

\*Corresponding Author: Marlene Shehata, Clinical Pharmacist Consultant/Cardiovascular Geneticist, Canada, E-mail: [marlenefouad@yahoo.com](mailto:marlenefouad@yahoo.com)

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### Introduction

Polycystic ovarian syndrome is a condition marked by infrequent, irregular, or extended menstrual periods, as well as high levels of the male hormone androgen. PCOS is a metabolic and endocrine illness that affects the entire body, not only the ovaries. Ovarian cysts aren't present in everyone with PCOS, and polycystic ovaries don't match the diagnostic criteria on their own. Clinical and scientific organizations are lobbying for a rebranding of the condition, claiming that the existing name obstructs study and causes misunderstanding. The ovaries produce several little collections of fluid, known as follicles, and they may fail to release eggs on a regular basis. "Metabolic reproductive syndrome" is one option for a new name. The exact etiology of polycystic ovary syndrome is unknown; however it may be caused by a mix of genetic and environmental factors.

Menstrual irregularities, excessive hair growth, acne, and obesity are all symptoms. It is a hormonal imbalance that results in larger ovaries with tiny cysts on the periphery. Insulin-resistant PCOS, inflammatory PCOS, hidden-cause PCOS, and pill-induced PCOS are the four kinds of PCOS.

- Insulin-resistant PCOS.
- Pill-induced PCOS.

- Inflammatory PCOS.
- Hidden PCOS.

PCOS is underdiagnosed and undertreated. This could be due to the fact that symptoms can be modest or appear to be unrelated. However, untreated PCOS can lead to a variety of more serious health problems, and the disorder's symptoms can be quite distressing. PCOS can be treated with a variety of medicines. Although birth control is not a cure, it is frequently administered as a first-line treatment following or in conjunction with lifestyle improvements. Anti-diabetic and anti-androgen drugs are two more medications that may be administered for PCOS to assist balance hormones.

Metformin is a medication that is occasionally prescribed to aid with blood sugar regulation in people with PCOS. People who are attempting to conceive may be prescribed a medication to aid with ovulation. Anti-diabetic drugs, which improve the body's insulin sensitivity, are occasionally administered in conjunction with other weight-management strategies. Other than medicine, there are other things that can aid in PCOS treatment. PCOS can be prevented and managed through dietary, exercise, and behavioral modifications. The symptoms and health effects of the illness can be alleviated by reestablishing regular ovulation. Limiting simple carbohydrates and sugars in the diet can help maintain insulin balance and reduce inflammation, but there isn't enough research to say that one diet is ideal for everyone. Ovulation (the release of an egg from the ovary) occurs once a month in people who do not have PCOS. PCOS causes women to ovulate less regularly or reliably, and they are more likely to miscarry, which is why it is such a common cause of infertility.

PCOS patients are more likely than non-PCOS patients to seek out and undergo reproductive treatments. However, data reveals that persons with and without PCOS have about the same number of pregnancies and children across their lifetimes.

In fact, the majority of people with PCOS who are attempting to conceive will become pregnant and give birth at least once in their lives without any reproductive therapy.

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