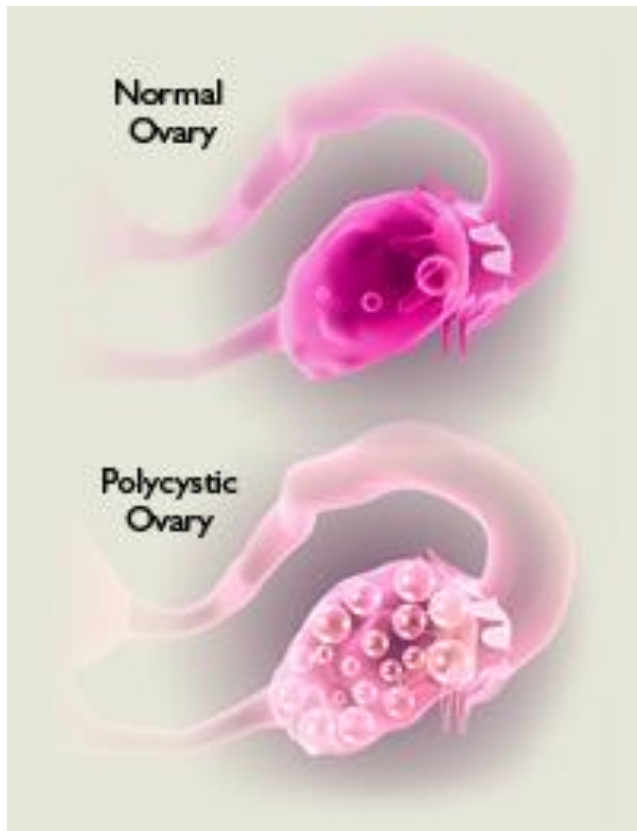




Polycystic Ovarian Syndrome (PCOS)

Brittany Ross

What is PCOS



- Poly= many and Cystic = cysts
- Hormone imbalance
- Irregular or no menstrual cycle
- Affects appearance
- Small cysts in their ovaries

Meet Gracie Moore



- 34 years old female
- Diagnosed with Polycystic Ovarian Syndrome 6 years ago
- Weight 180
- Height 5' 5"
- Obese – BMI 30
- On oral contraceptives
- She has conceived 2x, but has not carried the pregnancies to term.

Cause of PCOS



- Mostly unknown
- Genetic
- Environmental

Symptoms

- Infrequent or no menstrual periods
- Irregular bleeding
- Infertility
- Sleep apnea
- Increased growth of hair on the face, chest, stomach, back, thumbs, or toes (Hirsutism)
- Acne, oily skin, or dandruff
- Pelvic pain
- Weight gain or obesity
- Type 2 diabetes
- High cholesterol
- High blood pressure
- Thinning hair



Diet History

- EER= 2056
- Actual intake = 2,479
- She takes a multivitamin/ mineral with Iron

■ Fat (48%)

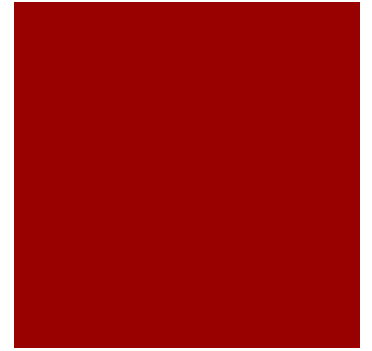
■ Protein (13%)

■ Carbs (39%)



PES

- Excessive Weight gain related to inactivity as evidence by BMI of 30
- Increased blood pressure related to PCOS as evidence by examination



Treatment of PCOS

- Birth control pills
- Diabetes medications
- Fertility medications
- Medication for increased hair growth and for extra male hormones
- Surgery
- Healthy weight
- Increase exercise
- Herbal supplements such as fenugreek and ginseng



Resources

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