AMERICAN COLLEGE OF Lifestyle Medicine

Polycystic Ovary Syndrome

Polycystic Ovary Syndrom (PCOS) is a hormonal disorder common in women of child-bearing age. Women with PCOS have an excess of male hormones, also called androgens. This causes irregular ovulation and periods.[1]

Symptoms may include:

- Irregular periods
- Increased hair on face, back and/or chest
- Hair loss on the scalp
- Acne
- Weight gain
- Insulin resistance (difficulty regulating blood sugar)

Complications may include:

- Infertility
- Gestational or Type II Diabetes
- Metabolic syndrome
- Uterine bleeding or cancer
- Depression, anxiety, eating disorders
- Sleep apnea

Take Action

DAILY MOVEMENT

30 minutes of daily exercise can improve weight loss, menstrual cycles, and blood sugar levels. Any form of movement counts![2,3] Try out these exercises below:

- Gardening
- Hiking or Walking
- Dance
- Cycling or Biking
- Yoga
- Swimming
- Walking Stairs

WHOLE AND UNPROCESSED HEALTHY MEALS

Because women with PCOS have risk of high blood sugar and weight gain, it is important to know when and what to eat. [4-7]



REGULAR AND RESTFUL SLEEP

Proper sleep hygiene is important for weight management and blood sugar levels.

Avoid daytime napping, late caffeine and alcohol consumption, and bedtime technology use. Keep regular sleep and wake-times with 7-9 hours of sleep each night.[8-11]

WHAT TO EAT



- Eat regularly and do not skip meals. Regular eating will help stabilize blood sugar levels in your body throughout the day.
- Include more foods with high fiber, lean proteins, anti-inflammatory properties.
- High fiber foods: steel-cut oats, beans & legumes, dark leafy greens, quinoa, brown rice
- Lean proteins: tofu, tempeh, peanuts & almonds
- Anti-inflammatory foods: fruits (blueberries, strawberries, apples), broccoli, beets, tomatoes

STRESS AND MENTAL WELL-BEING

Yoga, meditation, or journaling can help calm your mind. Friends, community groups, and volunteering can support you and help you stay positive and connected.[12]





If you have concerns or questions about your health or PCOS symptoms, contact your doctor!

DID YOU KNOW?

Women with PCOS have a significantly higher risk for Obstructive Sleep Apnea

OSA causes disruptions in your sleep due to closing of your airway and reduction of airflow into the body. While snoring can be a sign of OSA, you can have OSA even if you don't think you snore.

Women with both PCOS and OSA may have higher blood sugar and cholesterol levels. This can increase risk of diabetes and heart disease. Treatment of the sleep apnea may improve outcomes.

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