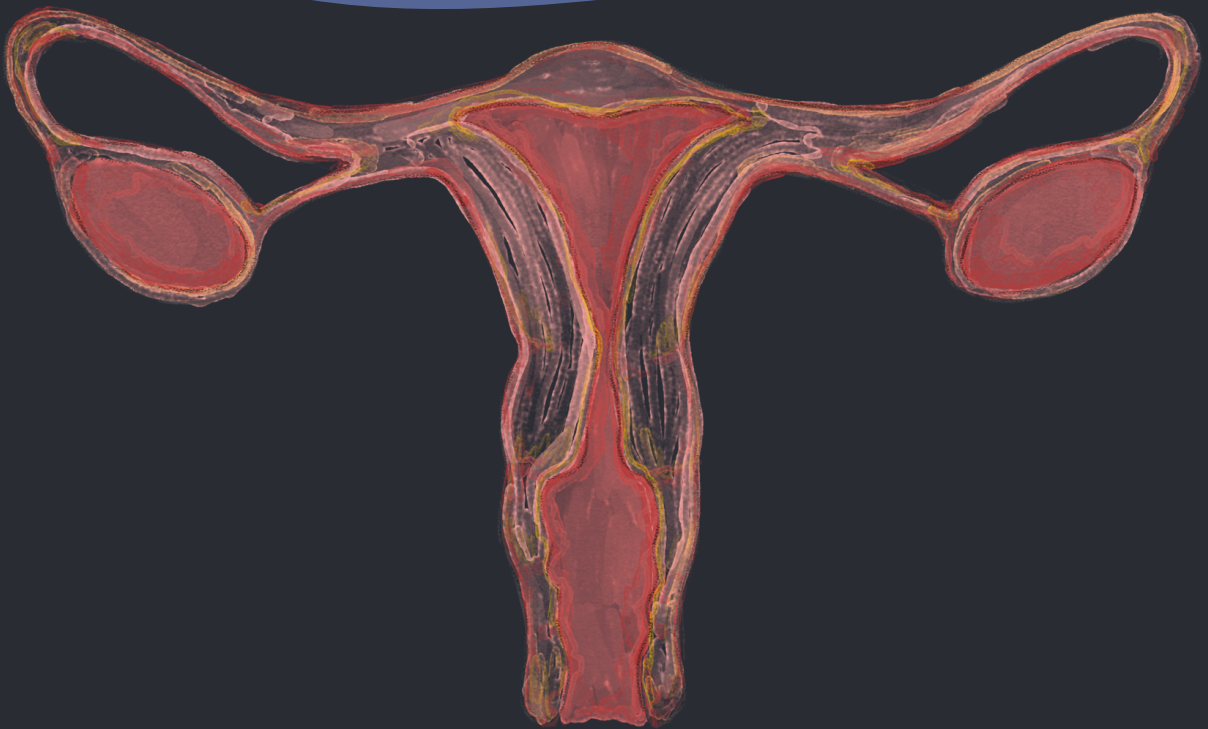




PCOD

Polycystic ovary disease



Polycystic ovary disease (PCOD) is a condition in which the ovaries produce an abnormal amount of androgens, male sex hormones that are usually present in women in small amounts. The name polycystic ovary describes the numerous small cysts (fluid-filled sacs) that form in the ovaries.

Causes of PCOD

The exact cause of PCOD is not fully understood, but it's believed to involve a combination of genetic and environmental factors.

A family history of PCOD increases the risk.



Insulin resistance: Elevated insulin levels may contribute to hormonal imbalances.



PCOD can occur at any age but is most common in the reproductive years, typically between late teens and early 40s.



Obesity: Being overweight or sedentary lifestyle increases the risk of PCOD. PCOD itself can make it challenging to lose weight.



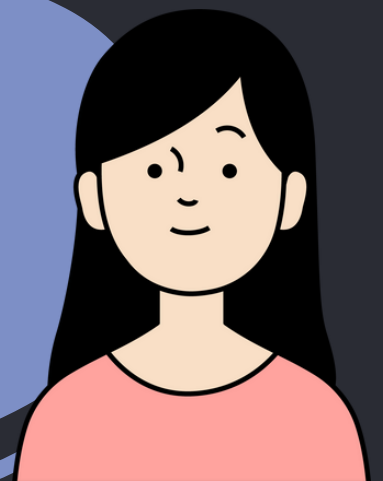
Causes of PCOD

Elevated levels of luteinizing hormone (LH) and insulin, as well as low levels of sex hormone-binding globulin (SHBG), can play a role.



Inflammation may contribute to insulin resistance and worsen PCOD symptoms.

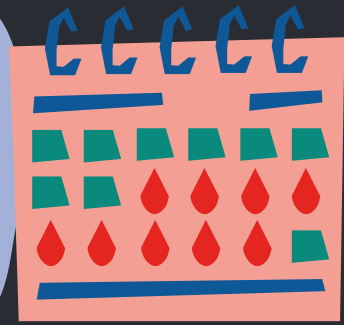
Some ethnic groups, such as south asian women, have a higher prevalence of PCOD.



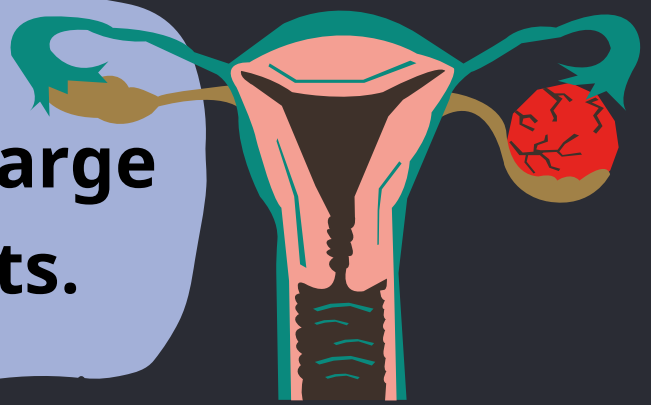
Lifestyle factors such as poor diet, lack of exercise, can contribute to insulin resistance and exacerbate PCOD symptoms.

Symptoms of PCOD

Missed periods, irregular periods, or very light periods.



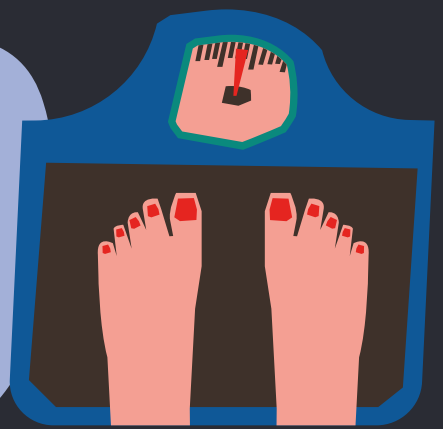
Ovaries that are large or have many cysts.



Excess body hair, including chest, stomach, and back.



Weight gain, especially around the abdomen.



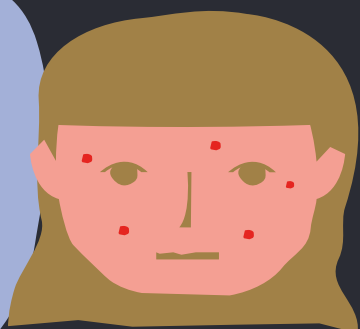
Acne or oily skin.



Infertility.

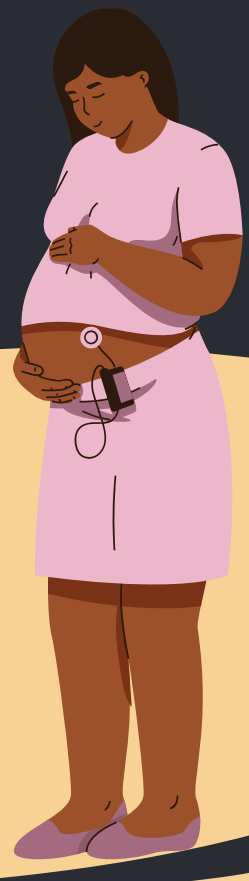
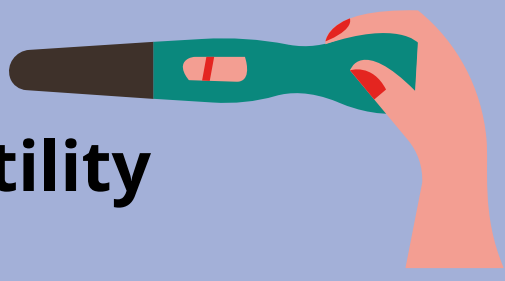


Skin tags or dark thick skin patches on back of neck.



Complications of PCOD

Infertility



Gestational diabetes and pregnancy complications

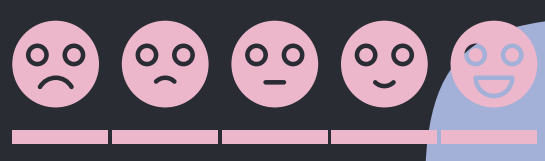


Endometrial cancer risk

Cardiovascular risk and metabolic syndrome



Sleep apnea



Mood disorders



How is Diagnosed?

The diagnosis of PCOD typically involves a combination of medical history, physical examination, and specific tests.



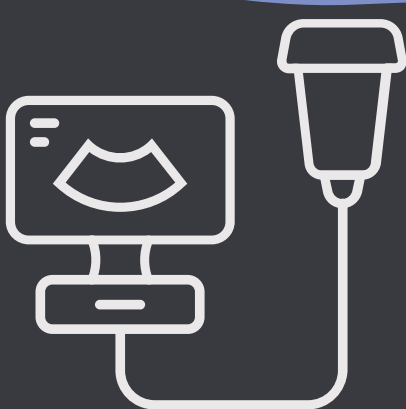
Medical history about your menstrual history and symptoms .



Physical examination for excess hair growth, acne, and weight distribution.



Blood tests for hormone levels and insulin.



Ultra sound: A pelvic ultrasound to find cysts on ovaries known as follicles.

Exclusion of other conditions.



PCOD Treatment

Healthy lifestyle modifications

Regular exercise and a balanced diet.



Medications

Birth control pills, anti-androgen medications, metformin.



Management of symptoms

Acne medications or intervention for hair loss.

Fertility treatment

Clomiphene or in vitro fertilization to conceive.



Regular monitoring

Periodic check-ups and monitoring of hormone levels can help assess the effectiveness of treatment and make adjustments as needed.