



## Polycystic Ovary Syndrome (Pcos) - The Rising Trend to Danger Women's Health

**Hasna Hossain Akhee\***

*Department of Women's Health, Bangladesh*

**\*Corresponding Author:** Hasna Hossain Akhee, Department of Women's Health, Bangladesh.

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Polycystic ovary syndrome (PCOS) is a situation by which the ovaries produce an excessive quantity of androgens, male hormones which can be normally present in ladies in small quantities.

The identify polycystic ovary syndrome describes quite a few small cysts (fluid-filled sacs) that type within the ovaries. Nonetheless, some ladies with this dysfunction don't have cysts, whereas some ladies without the dysfunction do develop cysts.

Ovulation happens when a mature egg is relieved from an ovary. This occurs so it may be fertilized by a male sperm. If the egg will not be fertilized, it's dispatched out of the body throughout your menstruation.

In some instances, a girl doesn't make sufficient of the hormones wanted to ovulate. When ovulation doesn't occur, the ovaries can develop many small cysts. These cysts make hormones referred to as androgens. Ladies with PCOS typically have excessive ranges of androgens. This may trigger extra issues with a girl's menstrual cycle. And it may well trigger lots of the signs of PCOS.

Therapy for PCOS is commonly achieved with treatment. This mayn't treat PCOS, however, it helps back signs reverse and stop some disappointing issues.

### What causes PCOS?

The precise reason for PCOS will not be clear. Many ladies with PCOS have insulin resistance. This implies the body cannot use insulin properly. Insulin ranges construct up within the body

and will trigger larger androgen ranges. Weight problems can even cause insulin resistance and make PCOS signs worse.

PCOS might also run in genetics. It is common for sisters or a mom and daughter to have PCOS.

### What are the dangers of PCOS?

Chances are you'll be extra more likely to have PCOS in case your mom or sister has it. You may additionally be extra more likely to have it when you've got insulin resistance or are overweight.

### What are the signs of PCOS?

The signs of PCOS might embrace:

- Missed period with irregular durations, or very mild durations
- Ovaries which can be large or have many cysts
- Extra body hair, together with the chest, abdomen, and face (hirsutism)
- Weight achieves, particularly across the stomach (stomach)
- Pimples or oily pores and skin
- **Male-pattern baldness or thinning hair**
- **Infertility**
- Small items of extra pores and skin on the neck or armpits (pores and skin tags)
- Darkish or thick pores and skin patches on the again of the neck, within the armpits, and underneath the breasts

### How is PCOS recognized?

Your healthcare supplier will ask about your medical historical past and your signs. Additionally, you will have a bodily examination. This can possibly embrace a pelvic examination. This examination checks the well-being of your reproductive organs, each inside and outside of doors your body.

A number of the signs of PCOS are like these brought on by different health issues. Due to this, you may additionally have assessments reminiscent of:

- **Ultrasound:** This check makes use of sound waves and creates photographs of blood vessels, tissues, and organs. This check is used to take a look at the dimensions of the ovaries and see if they've cysts. The check can even take a look at the thickness of the liner of the uterus (endometrium).
- **Blood assessments:** These search for excessive ranges of androgens and different hormones. Your healthcare supplier might also test your blood glucose ranges. And you will have your LDL, cholesterol, and triglyceride ranges checked.

### How is PCOS handled?

Therapy for PCOS is dependent upon quite a lot of elements. These might embrace your age, how extreme your signs are, and your total well-being. The kind of therapy might also rely upon whether or not you wish to turn out to be pregnant sooner or later.

When you do plan to turn out to be pregnant, your therapy might embrace:

- **A change in food regimen and exercise:** A nutritious diet and extra bodily exercise may help you drop weight and reverse back your signs. They will additionally assist your physique use insulin extra effectively, decrease blood glucose ranges, and will assist you to ovulate.
- **Medicines to trigger ovulation:** Medicines may help the ovaries to launch eggs usually. These medicines even have sure dangers. They will improve the prospect for a number of beginning (twins or extra). And so, they may cause ovarian hyperstimulation. That is when the ovaries launch too many hormones. It may trigger signs reminiscent of stomach bloating and pelvic aches.

- If you don't plan to turn out to be pregnant, your therapy might embrace:
- **Contraception capsules:** These assist to regulate menstrual cycles, decrease androgen ranges, and scale back zits.
- **Diabetes treatment:** That is typically used to decrease insulin resistance in PCOS. It could additionally assist scale back androgen ranges, sluggish hair progress, and assist you to ovulate extra repeatedly.
- **A change in food regimen and exercise:** A nutritious diet and extra bodily exercise may help you drop pounds and scale back your signs. They will additionally assist your physique use insulin extra effectively, decrease blood glucose ranges, and will assist you to ovulate.
- **Medicines to deal with different signs:** Some medicines may help reverse back hair progress.

### What are the issues of PCOS?

Ladies with PCOS usually tend to develop sure severe health issues. These embrace type 2 diabetes, hypertension, issues with the center and blood vessels, and uterine most cancers. Ladies with PCOS typically have issues getting pregnant (fertility).

### Residing with PCOS

Some ladies battle with the bodily signs of PCOS, reminiscent of weight achievement, hair progress, and zits. Beauty therapies, reminiscent of electrolysis and laser hair removal, might assist you really feeling higher about your look. Speak together with your healthcare supplier about the very best methods to deal with the signs that trouble you.

### When ought to I search for medical care?

You probably have missed or irregular durations of menstruation, extra hair progress, and weight achievement, consult your physician for an evaluation.

### Key factors

- PCOS is a quite common hormone downside for ladies of childbearing age.
- Ladies with PCOS might not ovulate, have excessive ranges of androgens, and have many small cysts on the ovaries.
- PCOS may cause missed or irregular menstrual durations, extra hair progress, zits, infertility, and weight achievement.

- Ladies with PCOS could also be at larger danger for type 2 diabetes, hypertension, coronary heart issues, and endometrial cancers.
- The sorts of therapy for PCOS might rely upon whether or not a girl plans to turn out to be pregnant. Ladies who plan to turn out to be pregnant sooner or later might take totally different varieties of medicines.