

What is Polycystic Ovary Syndrome?

In each monthly cycle, follicles grow on the ovaries. Within these follicles eggs develop. This is completely normal and is needed for ovulation – this is when a mature egg is released into the Fallopian tubes. The remaining follicles normally degenerate. In the case of polycystic ovaries, however, the ovaries are much larger than normal and there are a number of undeveloped follicles that appear in clumps, rather like a bunch of grapes.

In many cases you may have polycystic ovaries, but you may not have any symptoms. However, in some cases, a cyst may occur causing hormonal imbalances and even infertility. When this happens it is called Polycystic Ovary Syndrome.

What are the symptoms?

There are a number of different symptoms and include the following:

- Overweight
- Have no or very few periods
- Be prone to acne
- Grow unusually heavy body hair (often on the face, breasts or inside of legs)
- Be susceptible to mood swings

The above symptoms may be accompanied by problems with fertility and miscarriages. If you have PCOS you are more likely to become resistant to insulin because of problems you have balancing your blood sugar and seven times more likely to develop diabetes.

With the Natural Nutrition Preconceptual care programme we will look at your nutritional requirements and provide you with advice that can help you manage or alleviate PCOS.

For more information, please do not hesitate to contact me.