

## INTERESTING FACTS ABOUT PCOS



PCOS which stands for polycystic ovarian syndrome is the most common endocrine disorder. Despite this proven fact of it being the most common endocrine disorder, PCOS receives less than 1% of funding from the National Institutes of Health and worldwide affects 5-10% of the female population.

The common signs of PCOS includes: Depression, Anxiety, Weight gain, Fatigue, Increased acne and hair growth, Irregular periods. Infertility, Brain fog, Bloating. These are some of the most notable symptoms of hormonal, metabolic and reproductive disorders found in women with PCOS.

### HERE ARE 10 INTERESTING FACTS ABOUT PCOS

- Women with PCOS have a higher rate of depression and anxiety
- There are over 1000 reported cases of PCOS in Nigeria
- Less than 50% of Women diagnosed with PCOS are properly diagnosed leaving a large percentage of millions of symptomatic women going unsupported.

- If not properly managed or treated it could lead to diabetes, heart disease and cancer in older ages.
- Elevated insulin or insulin resistance are not part of the diagnostic criteria for PCOS but are seen in majority of women with PCOS.
- Women living with PCOS are at a higher risk of developing obstructive sleep apnea due to the influence of Androgens affecting the sleep receptors of the brain.
- Over exercising and counting calories can make PCOS symptoms worse.
- PCOS is not just restricted to Ovaries.
- While PCOS is not “curable” but it is definitely “treatable”.
- You can lose weight with PCOS.

Unfortunately, this disorder is one of the most misunderstood, under-diagnosed and under-funded conditions affecting women’s health. However, all hope is not lost because we are CYSTERS and have the power to completely heal from the symptoms of PCOS through lifestyle changes, proper dieting and above all, maintaining a positive mindset....”We have PCOS but PCOS doesn’t have Us”.