

# PCOS IS A PROBLEM, PERIOD

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Irregular periods. Excess facial and body hair. Ovarian cysts. Acne. Infertility. Some women with Polycystic Ovary Syndrome (PCOS) may experience one of these and, worse, some may have them all. A lot of women have this condition, that, according to the PCOS Awareness Association, as high as 10 million women in the world suffer from it. What really causes PCOS and how can we put a period to it (excuse the pun)?

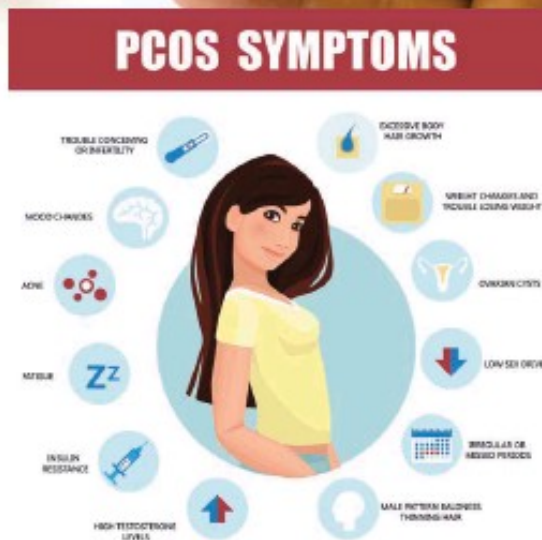
persists



**YES** PCOS patients drastically, as high blood pressure and sugar levels go down with it, easing a lot of the symptoms. Recently, Dr. Giacobini and his team from the French National Institute of Health and Medical Research have reported that PCOS may be brought by too much ex-

its female offspring showed the same symptoms of PCOS. It was reversed by using an IVF drug called cetrorelix that was effective on those mice as well. It may soon be tested on humans. This study is important as it helps confirm that PCOS may indeed be genetic, and it also helps in understanding the

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The root cause of PCOS is not yet known, but this hormonal problem is said to be brought by both genetic and environmental factors. Too much androgens (male hormones), insulin resistance that drive blood sugar levels up, and too little progesterone are what makes one more susceptible to PCOS. Excess androgen production is what causes acne and facial hair, insulin resistance may prompt more androgens to be produced, and the lack of progesterone is the reason some PCOS patients do not get their periods regularly.

Other PCOS symptoms include mood changes, weight management problems, fatigue, and sleep problems. Sometimes, patients also have ovarian cysts when the eggs are

not released regularly, but not all women who get PCOS have these cysts. There is also a higher risk of cardiovascular disease and diabetes among those with PCOS. Contrary to other reports, women with PCOS can still get pregnant, but the risks for miscarriage and gestational diabetes are higher. Unfortunately, there is no cure for PCOS as of the moment, but your physician can prescribe medications that can manage some of the conditions such as irregular periods and acne.

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Giacobini

of the fetus to a hormone called the anti-Müllerian hormone (AMH). AMH is a hormone that determines the number of eggs in the ovaries. Those who are pregnant and have PCOS are said to have higher levels than normal of AMH, research says. It was further confirmed by injecting the hormone on pregnant mice, and concluding that its female offspring showed the same symptoms of PCOS. It was reversed by using an IVF drug called cetrorelix that was effective on those mice as well. It may soon be tested on humans. This study is important as it helps confirm that PCOS may indeed be genetic, and it also helps in understanding the disease even further and its possible treatments in the future.

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It is not the end of the world, however, if you find out that you have PCOS. A lot of women can still get pregnant with this condition as long as there is proper guidance from their physician. Moreover, with medications that can regulate or manage symptoms, they can still live their lives as normal as possible.

With ongoing research on the possible causes of PCOS, we can be hopeful that soon we can finally put a period on PCOS.