

## - Polycystic Ovary Syndrome (PCOS)

# Manage PCOS at home with these expertrecommended tips

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If you have Polycystic Ovary Syndrome (PCOS), and are wondering how to treat it, then you're at the right place! Here are a few simple ways to manage it.

You're not alone if you find the struggle to manage PCOS excruciating. This syndrome causes your ovaries to become enlarged with cysts on the outer edges. Although the exact cause of this disorder is unknown, unhealthy lifestyle choices, disturbed menstrual health, high insulin levels, genetics and an excess of androgen (male hormones) appear to be the main reasons.

Common symptoms of PCOS

Abnormal periods (periods l can be heavy, short, light, irregular or even no periods) Acne l

Obesity l

Oily skin l

Hair growth (particularly l facial hair, due to high levels of male hormones) Difficulty in con-  
ceiving l

Scalp or hair loss and l thinning of hair

High cholesterol l

Type 2 diabetes l

Depression l

Dr Pratima Thamke, Consultant obstetrician and gynaecologist, shares with us the best ways to manage PCOS.

**OPT FOR WHOLE FOODS** Women with PCOS need to be particularly careful about what they consume. Dr Thamke says, "Whole foods are not loaded with artificial sugars and are free from preservatives." Some of the whole foods that can be included in the diet are fruits, vegetables, whole grains, legumes, pulses, nuts, and seeds. These may help to maintain proper insulin levels and manage PCOS.

**LOWER THE CARBOHYDRATE INTAKE**

Refined carbs such as sugar, white bread, white rice and other foods, can influence blood sugar levels. Since a high level of insulin can cause multitude of problems, it is recommended

to have more high-protein and high-fibre foods.

#### SUN EXPOSURE

Women with PCOS are often diagnosed with vitamin D deficiency. By soaking up sunlight and consuming vitamin D-rich foods, you can improve fertility, reduce your chance of developing type 2 diabetes and heart diseases.

#### CONSUME ANTIINFLAMMATORY FOOD

Eating anti-inflammatory foods can reduce the symptoms of PCOS, acne, and weight gain. Foods such as tomatoes, leafy veggies and greens, fatty fish like mackerel and tuna, tree nuts, and olive oil are loaded with antiinflammatory properties and will help you stay healthy.

#### PHYSICAL ACTIVITY

To manage PCOS, staying physically fit is also important. Dr Thamke says, “Exercising at least 150 minutes per week helps with keeping PCOS in control.”

#### REDUCE STRESS

To reduce your stress level, maintain a balanced diet, exercise regularly, and most importantly, practice yoga and breathing exercises.

#### INCLUDE CINNAMON IN YOUR DIET

According to various studies, cinnamon is beneficial in managing menstrual irregularities. Add it to the tea or as recommended by an expert.

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