

Polycystic Ovary Syndrome (PCOS): Understanding the Condition and Its Impacts

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Commentary

Received: 28-Feb-2023, Manuscript No. JCMCS-23-93970; **Editor assigned:** 02-Mar-2023, Pre QC No. JCMCS-23-93970 (PQ); **Reviewed:** 16-Mar-2023, QC No. JCMCS-23-93970; **Revised:** 23-Mar-2023, Manuscript No. JCMCS-23-93970 (R); **Published:** 30-Mar-2023, DOI: 10.4172/J Clin Med Case Stud.8.1.006.

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Citation: Christine R. Polycystic Ovary Syndrome (PCOS): Understanding the Condition and Its Impacts. J Clin Med Case Stud. 2023;8:006.

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DESCRIPTION

Polycystic Ovary Syndrome (PCOS) is a hormonal disorder that affects women of reproductive age. It is one of the most common endocrine disorders among women, affecting up to 10% of women worldwide. The exact cause of PCOS remains unknown, but it is believed to be linked to genetics, hormonal imbalances, and insulin resistance. PCOS is most commonly diagnosed in women of reproductive age who experience two or more of the following symptoms like irregular menstrual cycles, cysts on the ovaries, and elevated levels of androgens. PCOS is estimated to affect 6%-12% of women in the US, making it the most common hormonal disorder in females of reproductive age.

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Symptoms of PCOS can vary from person to person, but common symptoms include irregular periods, heavy bleeding, acne, excess hair growth, weight gain, and fertility problems. A diagnosis of PCOS is typically made by a healthcare provider after taking a medical history and conducting a physical exam. Blood tests and imaging tests may also be used to confirm a diagnosis. Early diagnosis and management of PCOS is essential to reduce the risk of associated health problems, including type 2 diabetes, heart disease, and endometrial cancer. Women with PCOS may also experience emotional distress, including anxiety and depression, which can further impact their quality of life. By working with healthcare providers and making lifestyle changes, women with PCOS can improve their overall health and reduce their risk of associated health problems.

Impacts of PCOS

PCOS can have a significant impact on a woman's physical and emotional well-being. Women with PCOS are at increased risk for a range of health problems, including diabetes, heart disease, and endometrial cancer. PCOS can also cause emotional distress, including anxiety and depression, which can further impact a woman's quality of life. While research is varied on whether visceral and subcutaneous abdominal fat is increased, unchanged, or decreased in women with PCOS compared to reproductively normal women with the same body mass index, it is common knowledge that they tend to be centrally obese. Whatever the fact, it has been discovered that androgens, such as testosterone, androstanolone (dihydrotestosterone), and nandrolone decanoate, enhance the deposition of visceral fat in both female animals and women.

Treatment of PCOS

Treatment for PCOS typically focuses on managing symptoms and addressing underlying health concerns. Lifestyle changes, such as weight loss and exercise, can help to regulate menstrual cycles and improve overall health. Medications, such as birth control pills and insulin-sensitizing drugs, may also be used to manage symptoms. In some cases, fertility treatments may be necessary. PCOS can make ovulation sporadic, making it challenging to get pregnant. Clomiphene, an ovulation inducer, and pulsatile leuporelin are examples of medications used to increase fertility when trying to get pregnant. Data from randomised controlled trials indicates that metformin may be superior to placebo in terms of live birth and that metformin plus clomiphene may be superior to clomiphene alone. Nevertheless, in both circumstances, women may be more susceptible to gastrointestinal side effects while taking metformin. It is assumed that using metformin while pregnant is safe (pregnancy category B in the US). According to a 2014 assessment, women taking metformin throughout the first trimester do not have an increased risk of serious birth abnormalities. In comparison to other drugs, may have a greater impact on PCOS patients' weight.

CONCLUSION

Polycystic Ovary Syndrome is a common hormonal disorder that affects many women worldwide. While it can have significant impacts on a woman's physical and emotional health, there are treatments available to manage symptoms and improve overall health. By working with healthcare providers and making lifestyle changes, women with PCOS can improve their quality of life and reduce their risk of associated health problems.