



PCOD

POLY CYSTIC OVARIAN DISEASE

HORMONES

What happens in PCOS

SYMPTOMS

Often start in early teens
and aggravated with
Weight gain.

WHEN TO ASK HELP

Seeking treatment early
helps avoid serious
disease like Diabetes.


Polycystic
ovary

10

Million New Cases
Per Year (INDIA)

Polycystic ovary syndrome (say "pah-lee-SIS-tik OH-vuh-ree SIN-droh-m") is a problem in which a woman's hormones are out of balance. It can cause problems with your periods and make it difficult to get pregnant. PCOS also may cause unwanted changes in the way you look.

Most women with PCOS grow many small cysts on their ovaries. The cysts are not harmful but lead to hormone imbalances. Early diagnosis and treatment can help control the symptoms and prevent long-term problems. Regular exercise, a healthy diet, weight control, and not smoking are all important parts of treatment for polycystic ovary syndrome (PCOS). You may also take medicine to balance your hormones. Treatments depend on your symptoms and whether you are planning a pregnancy.



INFERTILITY
MENSTRUAL ISSUES
EXCESS HAIR ACNE
OBESITY DIABETES



**ASK FOR
HELP**

L I F E S T Y L E C H A N G E S
M E D I C I N E S
S U R G E R Y

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