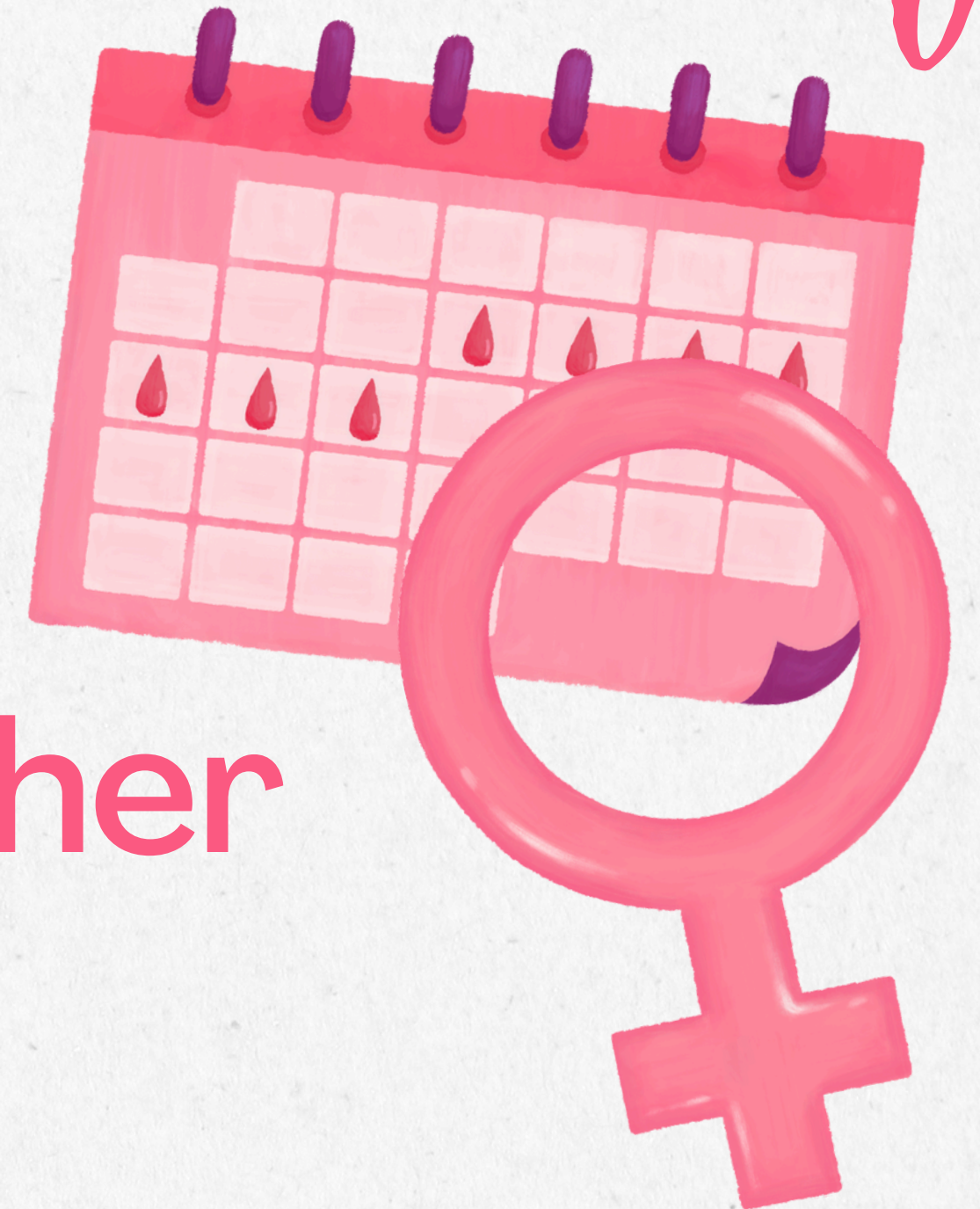


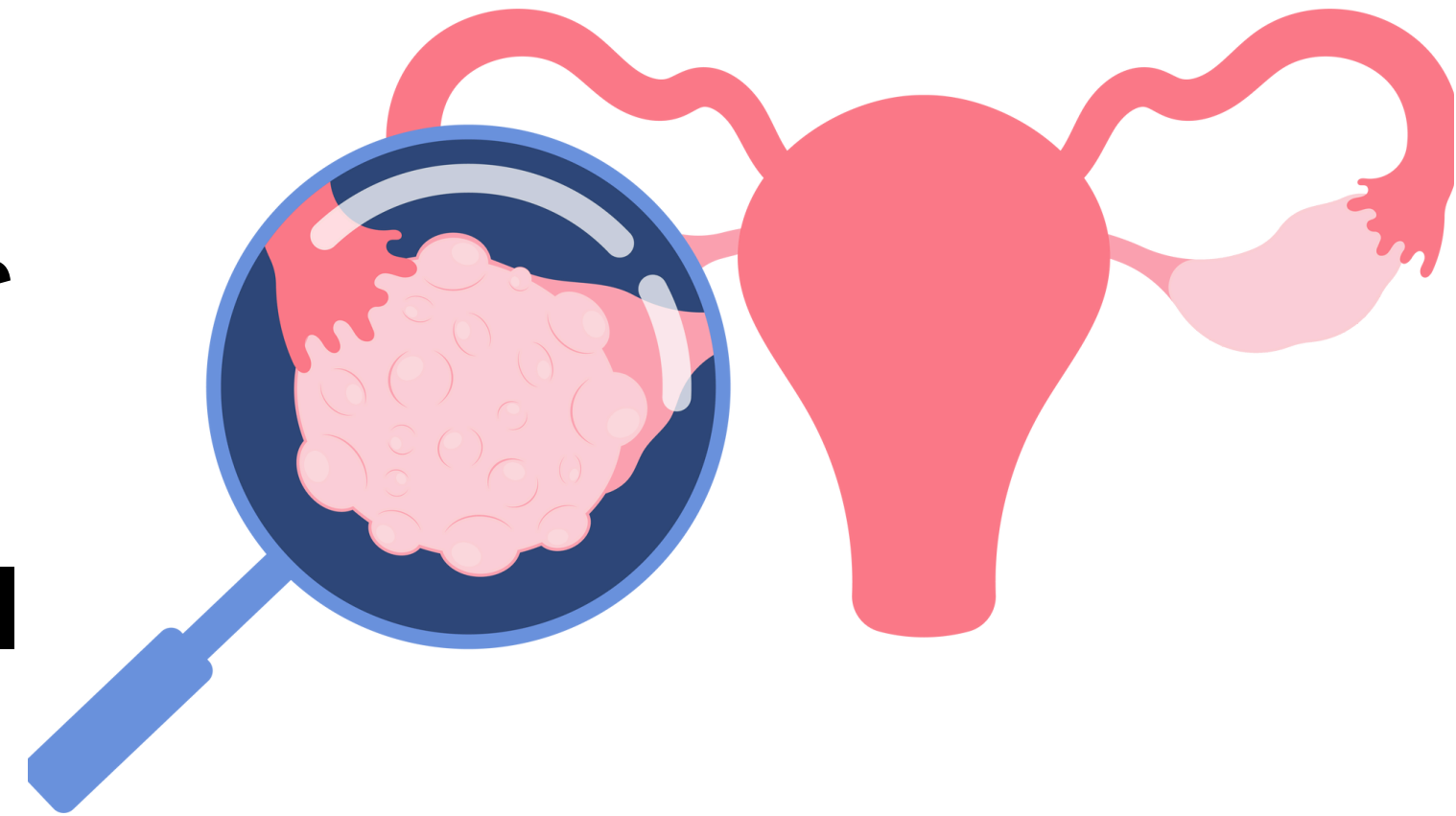
# POLYCYSTIC OVARIAN SYNDROME

Empower Your Health:  
Understanding and  
Managing PCOS Together



# Unveiling PCOS: A Journey Into Women's Health

PCOS, or Polycystic Ovary Syndrome, is an **endocrine disorder** that affects women of reproductive age, causing **hormonal imbalances** that can impact menstrual cycles and overall health.



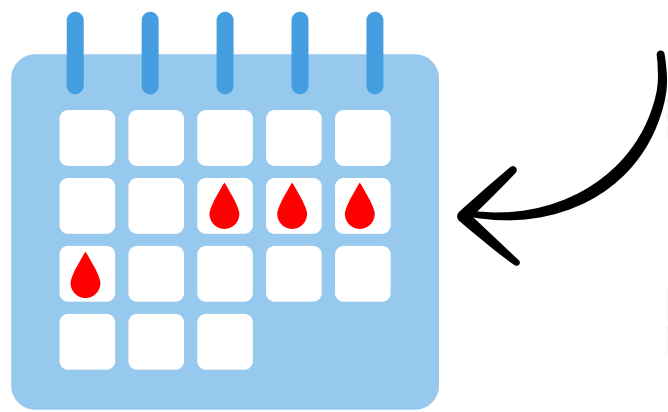
PCOS is a common condition, affecting up to 10% of women of childbearing age. Despite its prevalence, many women are unaware they have it, which can delay diagnosis and treatment.

# SPOT THE SIGNS

## RECOGNIZING THE RED FLAGS: COULD IT BE PCOS?

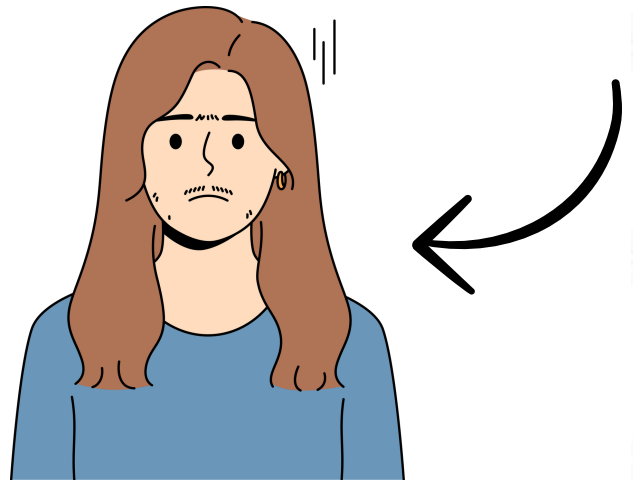
### Irregular periods

Fewer or missed periods due to irregular egg release.



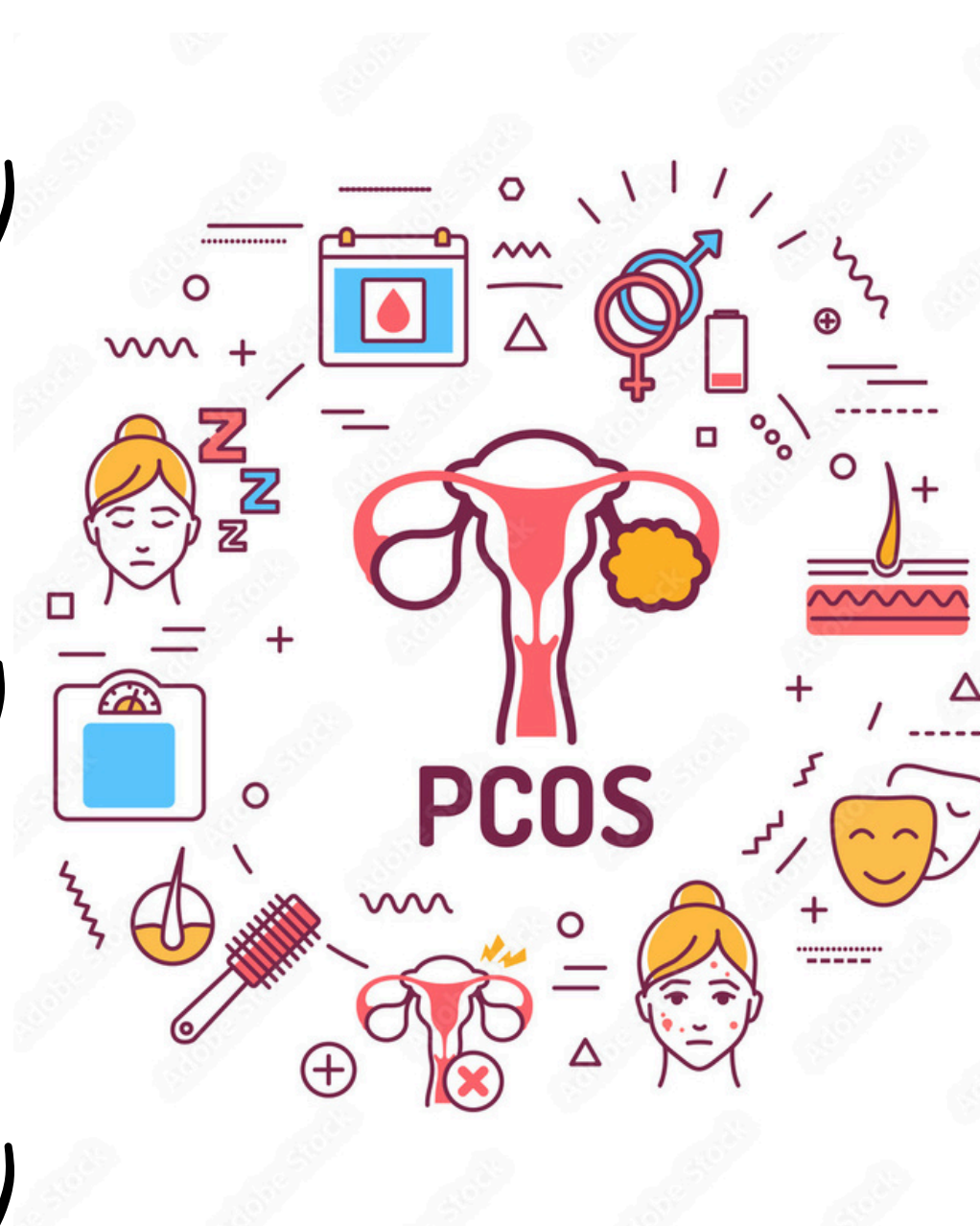
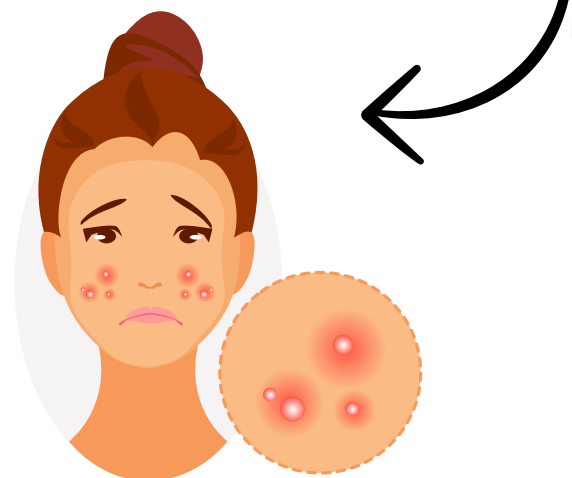
### Hirsutism

Increased hair growth on the face, chest, or back due to high androgen levels.

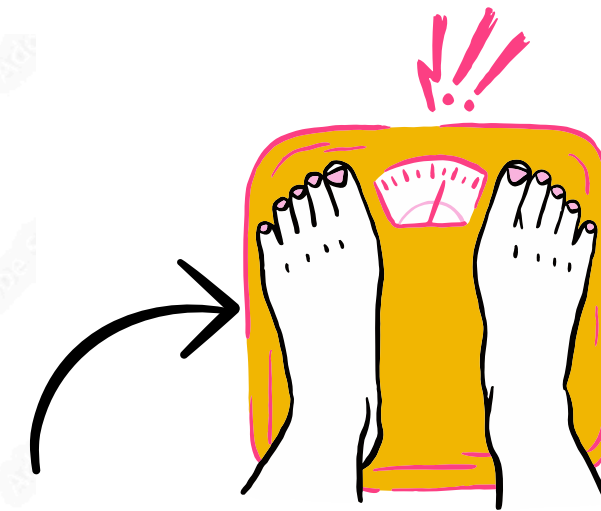
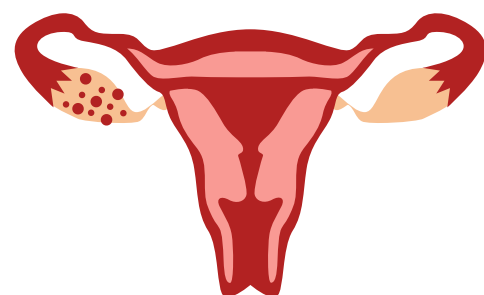


### Acne and oily skin

Hormonal imbalances cause acne and oilier skin, especially on the face and upper body.



### Ovarian Cysts

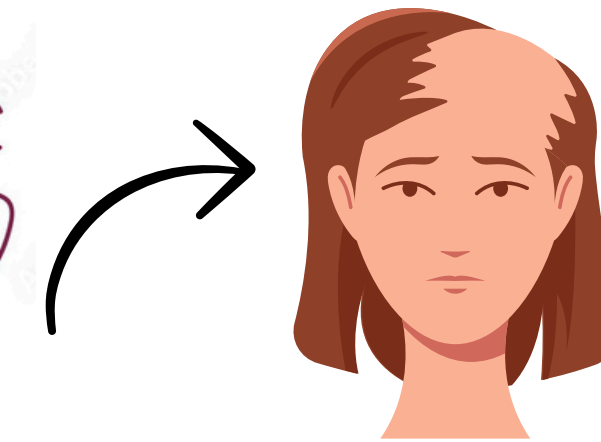


### Weight Gain

Difficulty losing weight, often concentrated around the abdomen, linked to insulin resistance.

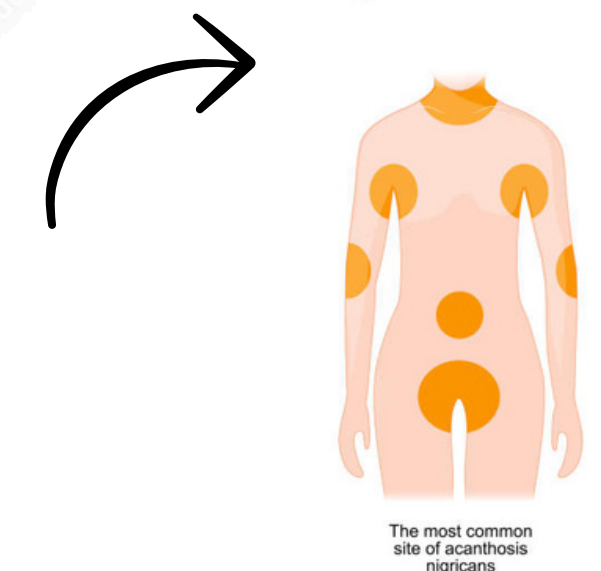
### Thinning hair

Hair on the scalp thins or falls out, resembling male-pattern baldness



### Skin changes

Darkened patches of skin, often around the neck, groin, or under the breasts, termed as Acanthosis Nigricans



The most common site of acanthosis nigricans

# WHY IT HAPPENS



**Excess leutinizing hormone  
from pituatory gland**



**Excess male hormone  
production in ovaries**



**Failure of bursting of egg ovum  
to release follicle**



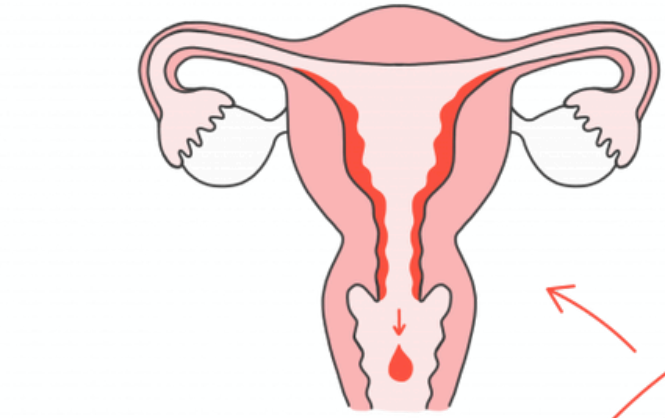
**Follicle that did not burst  
becomes a cyst**



**Process repeats every month -  
multiple cysts**

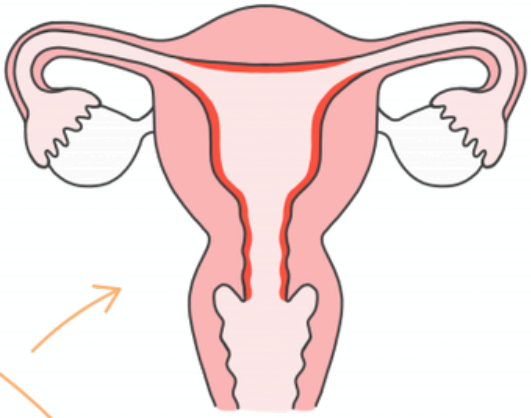
# Story Behind your Menstrual Cycle

**Uterus lining  
breakdowns ,  
menstruation  
occurs**



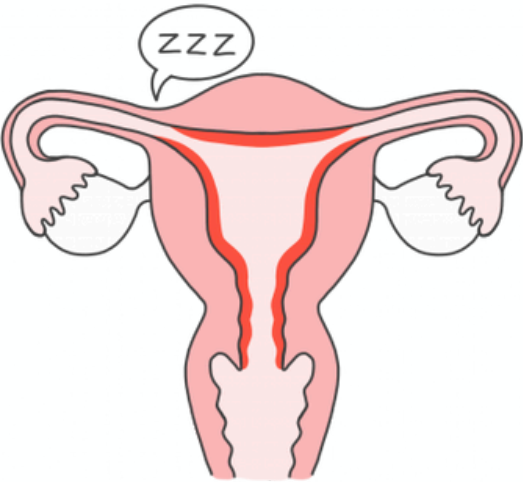
**1. Menstruation**

**Uterus lining  
thickens again**



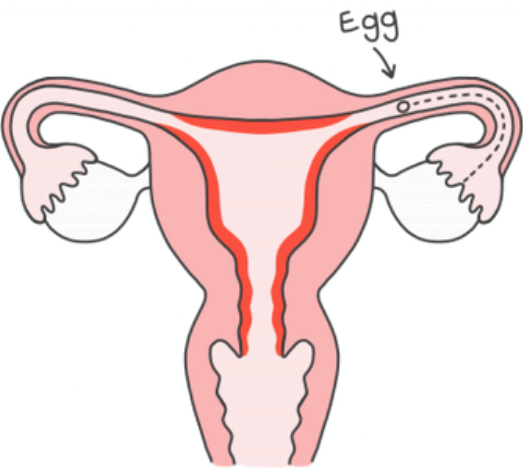
**2. Follicular Phase**

**Uterus lining  
continues to  
thicken**

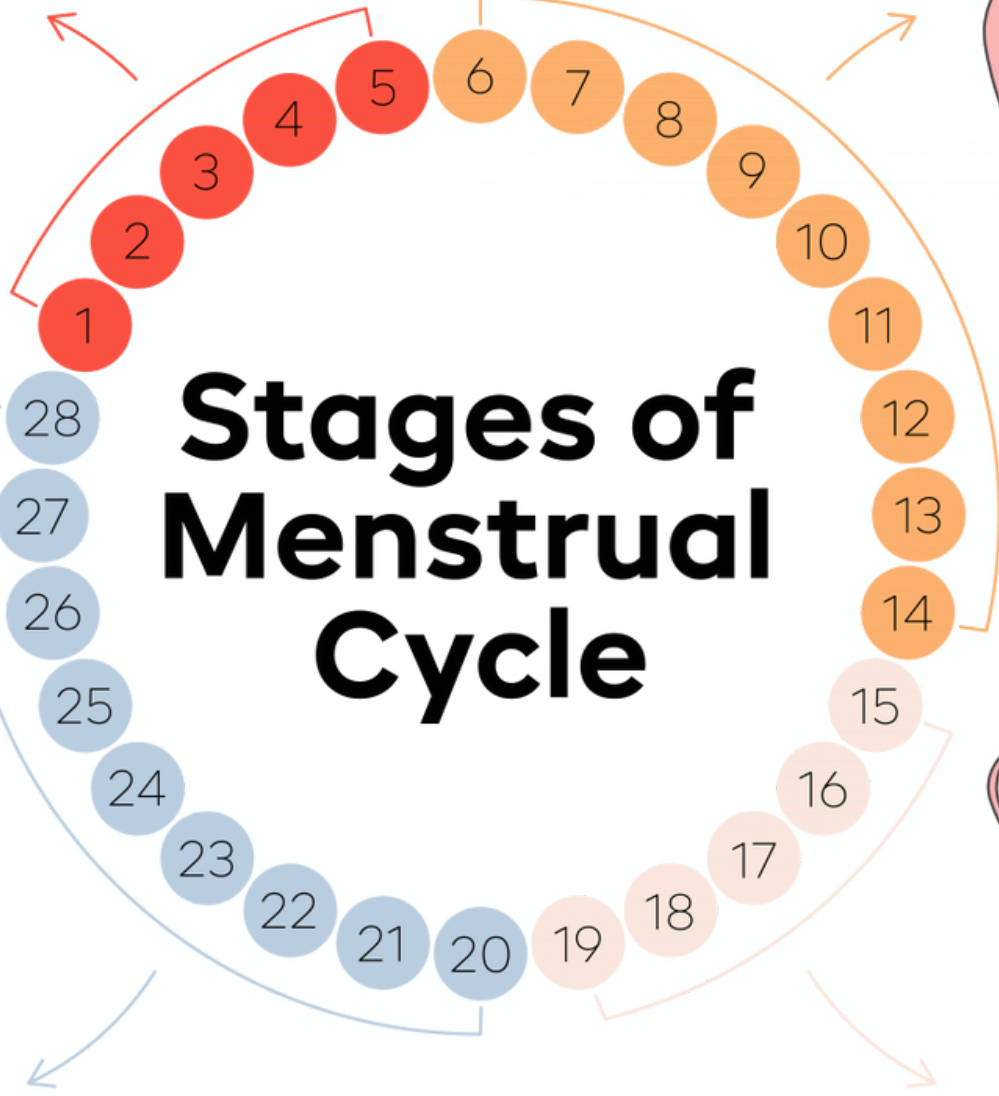


**4. Luteal Phase**

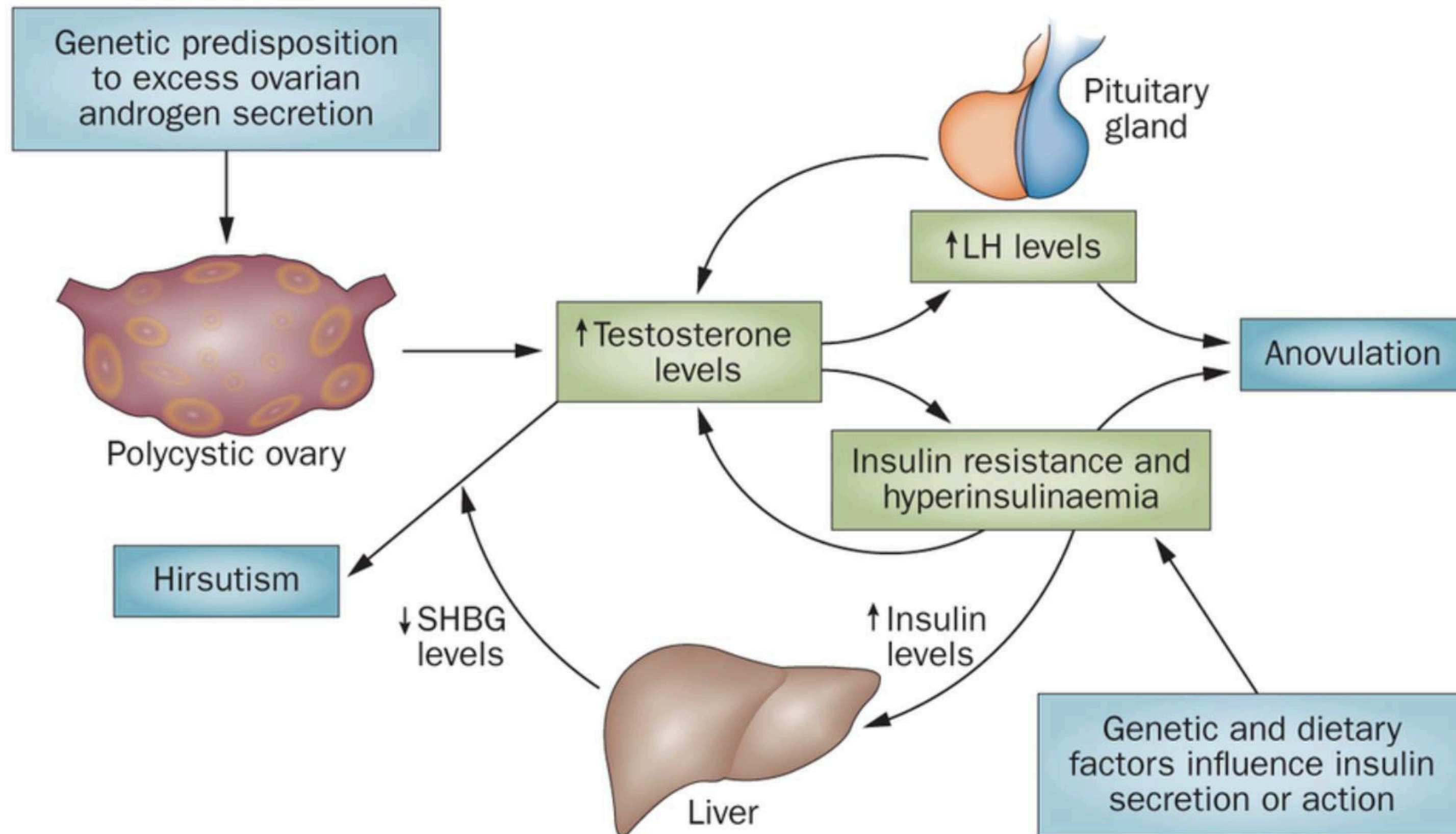
**Ovulation  
occurs usually  
on day 14**



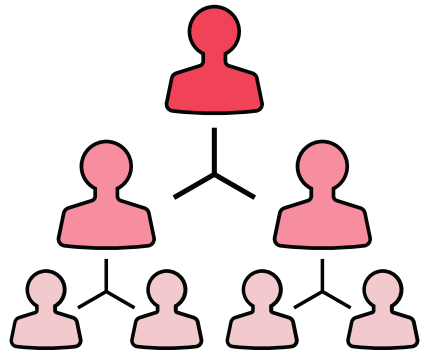
**3. Ovulation**



# The Hormonal Puzzle: How PCOS Affects Your Body



# Unraveling the Roots: Understanding the Causes of PCOS



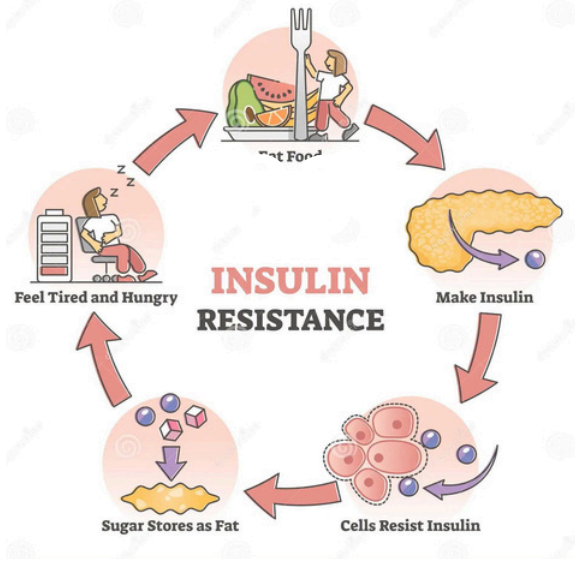
## Genetics

PCOS can run in families, so if your relatives have it, you might too.



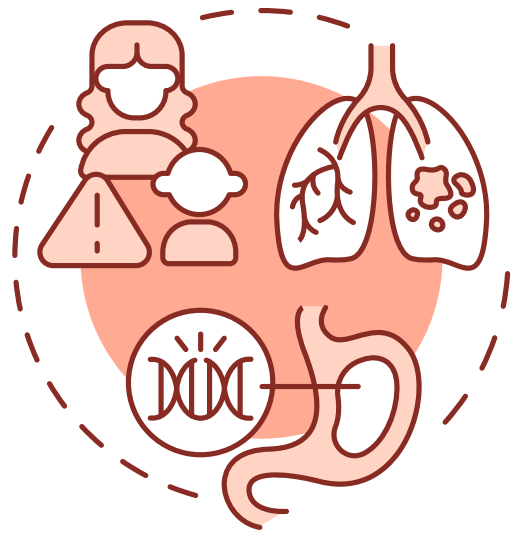
## Higher levels of male hormones

These hormones can cause symptoms like excess hair growth and acne.



## Insulin Resistance

Your body struggles to use insulin properly, leading to higher insulin levels and possibly weight gain.



## Low grade inflammation

Your body might have a mild, ongoing inflammation that can affect your ovaries.



## Stress

High stress levels can disrupt your hormones and worsen PCOS symptoms



## Unhealthy Diet

Eating too much junk food and not enough nutritious food can worsen PCOS symptoms.

# PCOS in Pakistan: Understanding the Impact on Our Girls

PCOS is increasingly common in Pakistan, affecting approximately 1 in 10 women of reproductive age.

**PCOS is one of the leading causes of infertility. The hormonal imbalance prevents the ovaries from releasing eggs regularly, making it difficult to conceive**



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**Due to lack of awareness, many girls and women may not realize they have the condition until they experience complications like difficulty getting pregnant.**





# Empowering Through Knowledge: Education as the First Line of Defense

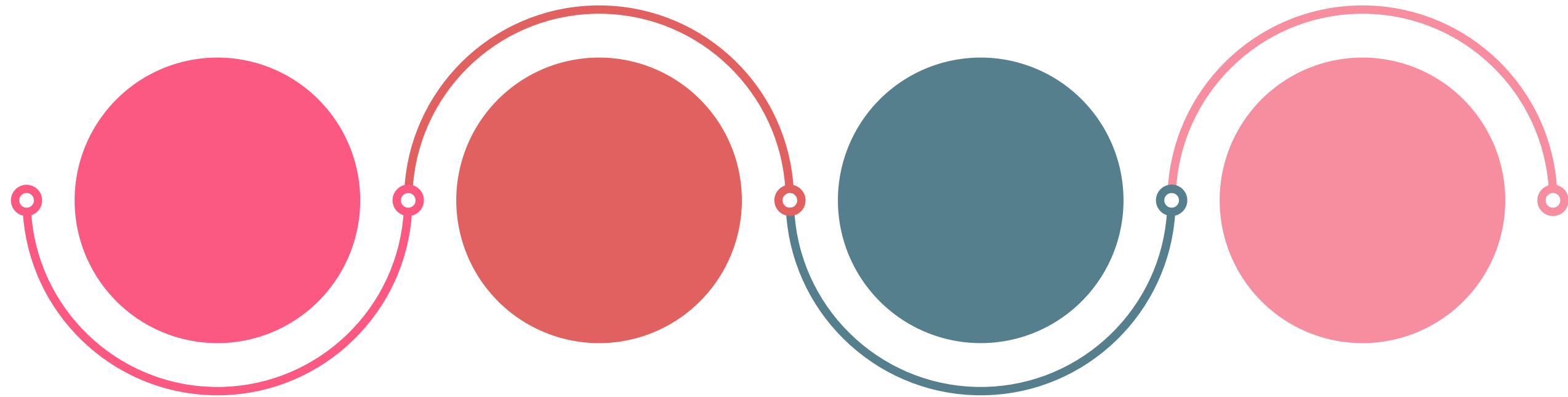
Educating young women about PCOS can help them recognize the symptoms early, leading to **timely diagnosis and treatment.**

Early management can prevent complications like **diabetes mellitus , heart disease and infertility**

# DIAGNOSIS OF PCOS

**PHYSICAL  
EXAMINATION**

**ULTRASOUND/  
TVS**



**BLOOD  
TESTS**

**LAPROSCOPIC  
PROCEDURES**

# Dietary Choices That Make a Difference



## WHAT I SHOULD AVOID ?

**Limit Sugary and Processed Foods:** Avoid candies, sodas, instant noodles, fast food, bakery items, and refined carbs like white bread and pastries.

Avoid smoking and alcohol

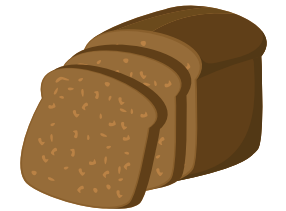


## WHAT SHOULD I CHANGE IN DIET

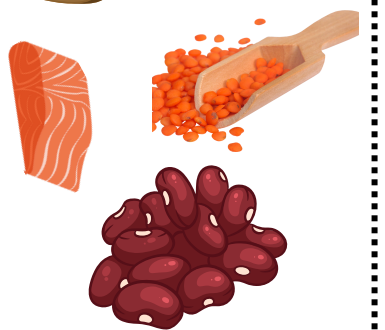
**Load Up on Veggies:** Include spinach, carrots, bell peppers, and other non-starchy vegetables.



**Choose Whole Grains:** Opt for brown rice, oats, and whole wheat bread for a healthier diet



**Add Lean Proteins:** Incorporate Red and white beans, fish, lentils,



**Eat fiber-rich foods:** Beans, lentils, apples.



**Choose healthy fats:** Avocados, nuts, olive oil.



# MY PCOS PLATE

**NUTS , SEEDS ,  
OLIVE OIL ,OLIVES  
COCONUT OIL**



**WATER , HOT  
OR ICED TEA  
(WITHOUT  
SUGAR)**

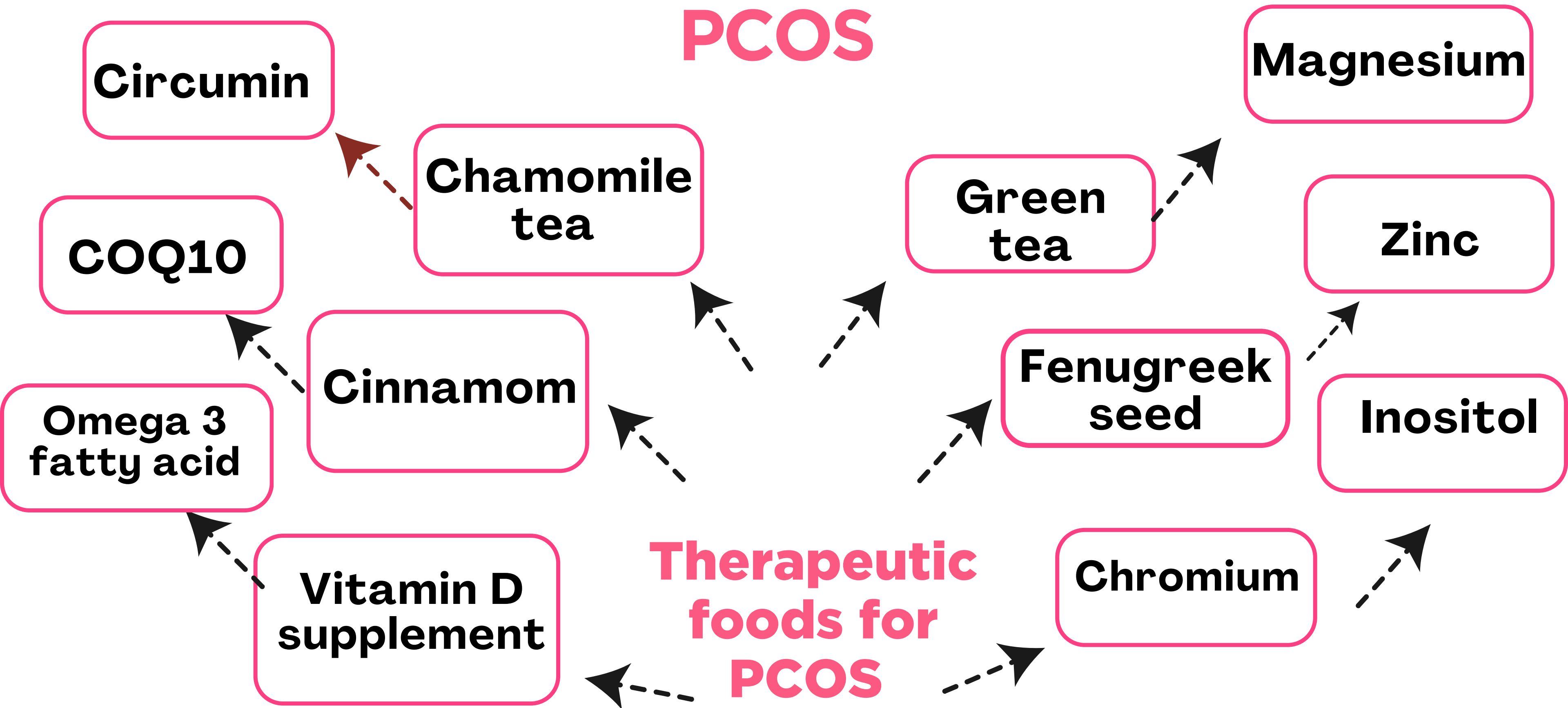
**COVER HALF YOUR  
PLATE WITH LOW  
STARCH VEGETABLES**



**COVER ONE QUARTER  
OF PLATE WITH  
PROTEIN DENSE  
FOODS**

**COVER ONE QUARTER  
OF PLATE WITH  
CARBOHYDRATE RICH  
FOOD SOURCES**

# Therapeutic foods for PCOS



# Functional Foods: Natural Allies in Your PCOS Journey

## VITAMIN D 25(OH) D

**Vitamin D  
deficiency**

**Insulin Resistance**

**Metabolic  
Disturbances**

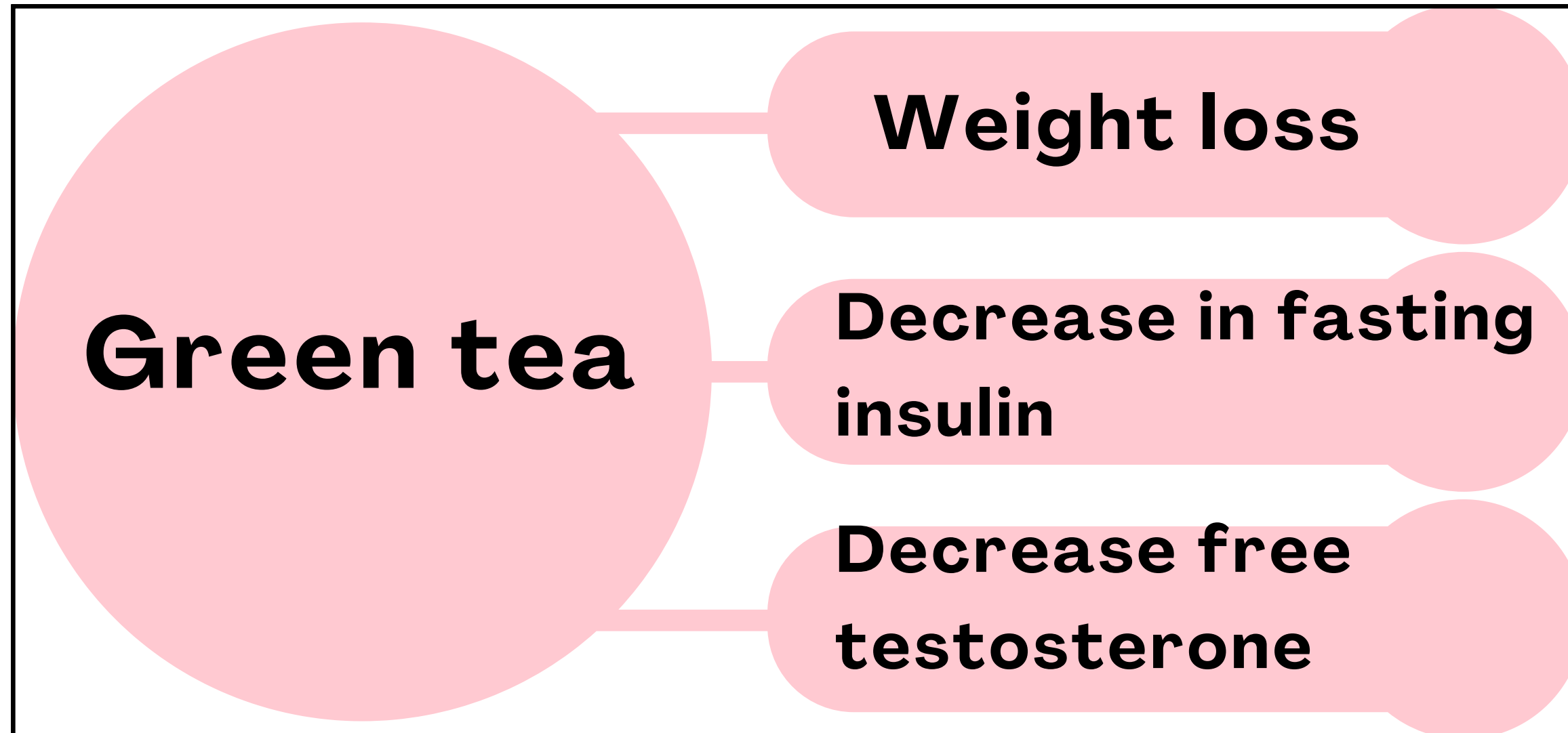
**Hormonal  
Disturbances**

**3 of every 4  
women with  
PCOS have  
Vitamin D  
Deficiency**



# Functional Foods: Natural Allies in Your PCOS Journey

## Green tea



# Functional Foods: Natural Allies in Your PCOS Journey



**Reduces Hairloss**

**Reduces blood sugar**

**20 - 30 mg daily**

**Improves Ovulation**

**Reduces Inflammation**

**ZINC**

**Clearer Skin**



**Improves Hirsutism**



# Functional Foods: Natural Allies in Your PCOS Journey



**Improves mood**

**Improves Insulin Resistance**

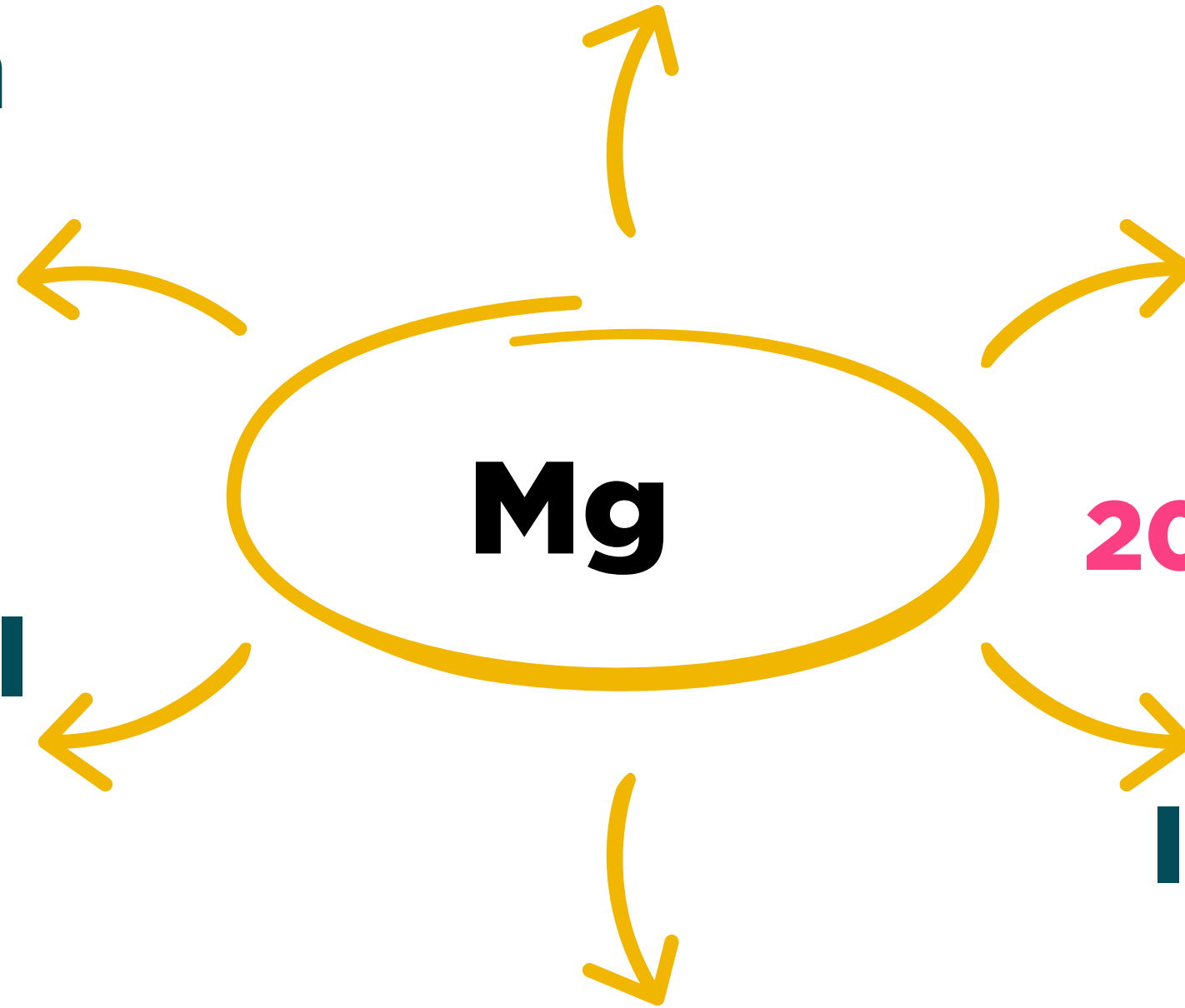
**Helps ease Inflammation**

**Eases menstrual symptoms**

**200 - 300 mg daily**

**Improves sleep**

**Lowers Blood Pressure**



**Mg**

# Functional Foods: Natural Allies in Your PCOS Journey



**lowers heart risk  
diseases**

**Improves Insulin  
sensitivity**

**Detoxifies your  
body**

**Powerful  
Anti inflammatory**



**Boosts Antioxidants**

**Fight Depression**

# Functional Foods: Natural Allies in Your PCOS Journey



**lower  
Inflammation**

**Regulate  
menstrual cycle**

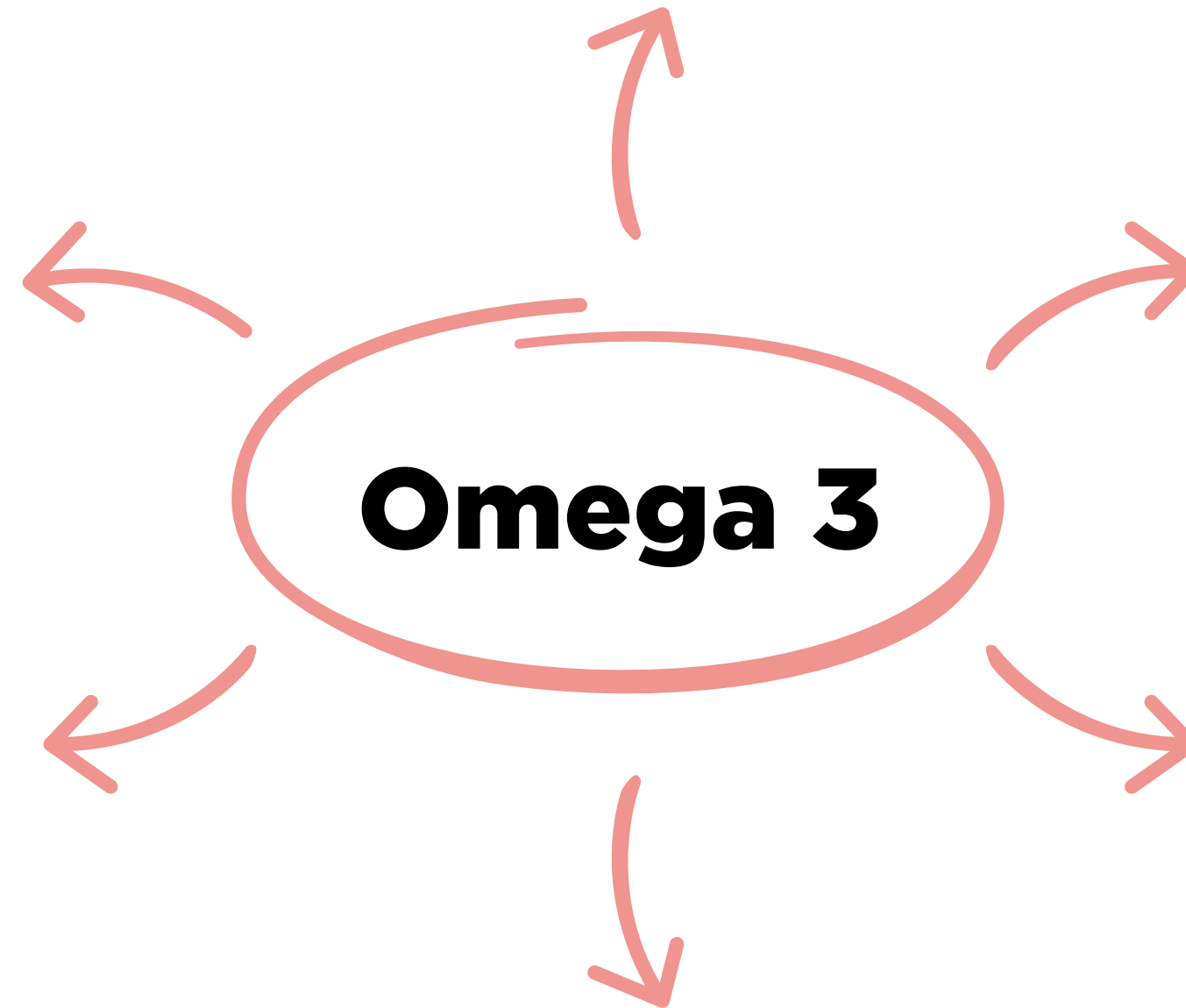
**Reduces  
testosterone  
levels**

**Improves Insulin  
Resistance**

**Omega 3**

**Improves mood  
and anxiety**

**Reduces high triglycerides**



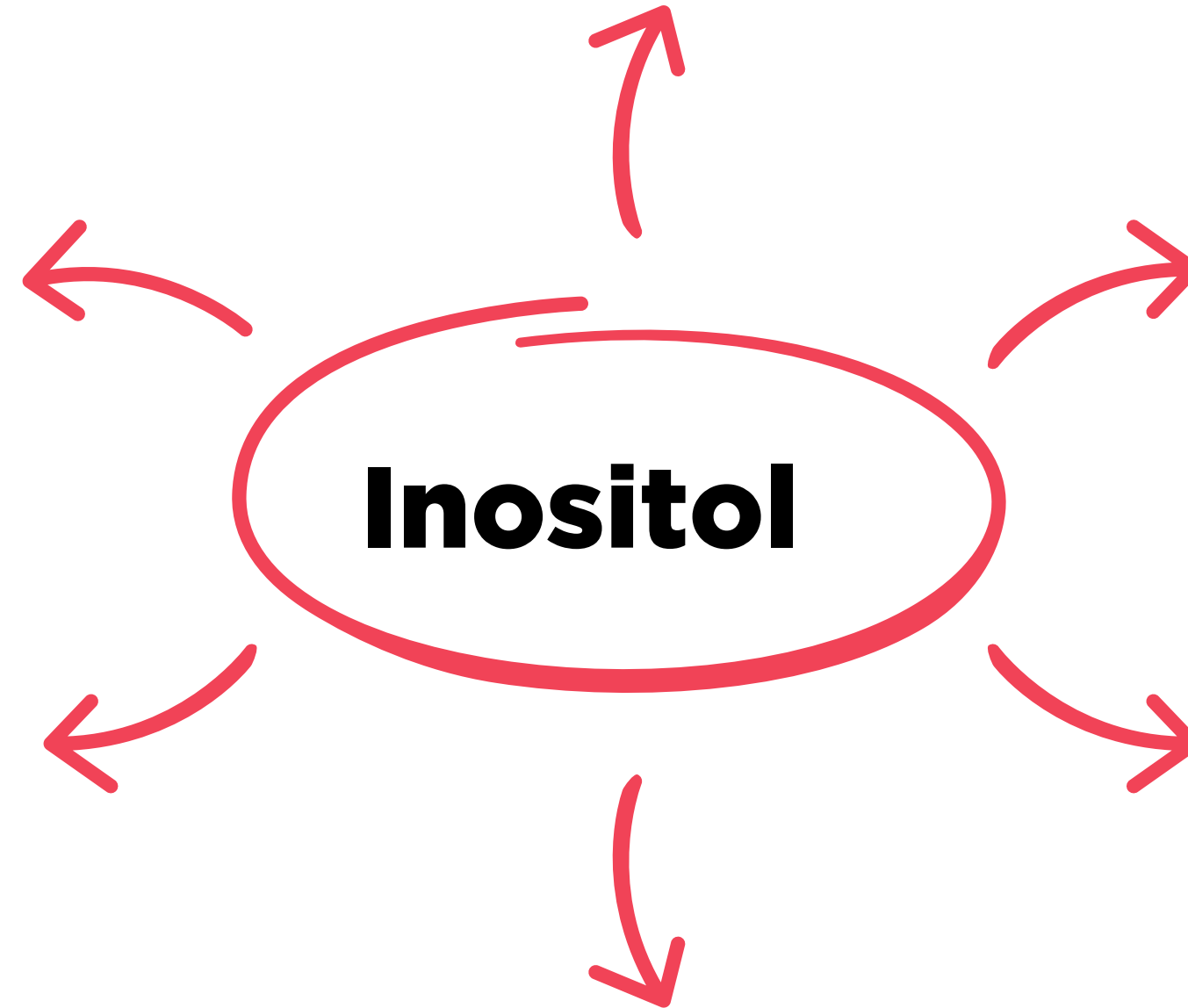
# Functional Foods: Natural Allies in Your PCOS Journey

**Helps Anxiety**

**Improves Insulin sensitivity**

**Reduces triglycerides level**

**Improves egg quality**

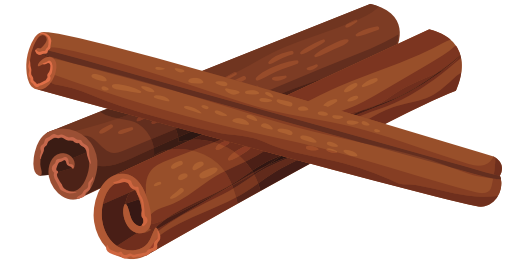


**Improves ovulation rates**

**Helps lower testosterone**

# Functional Foods: Natural Allies in Your PCOS Journey

**Decreases body mass index**



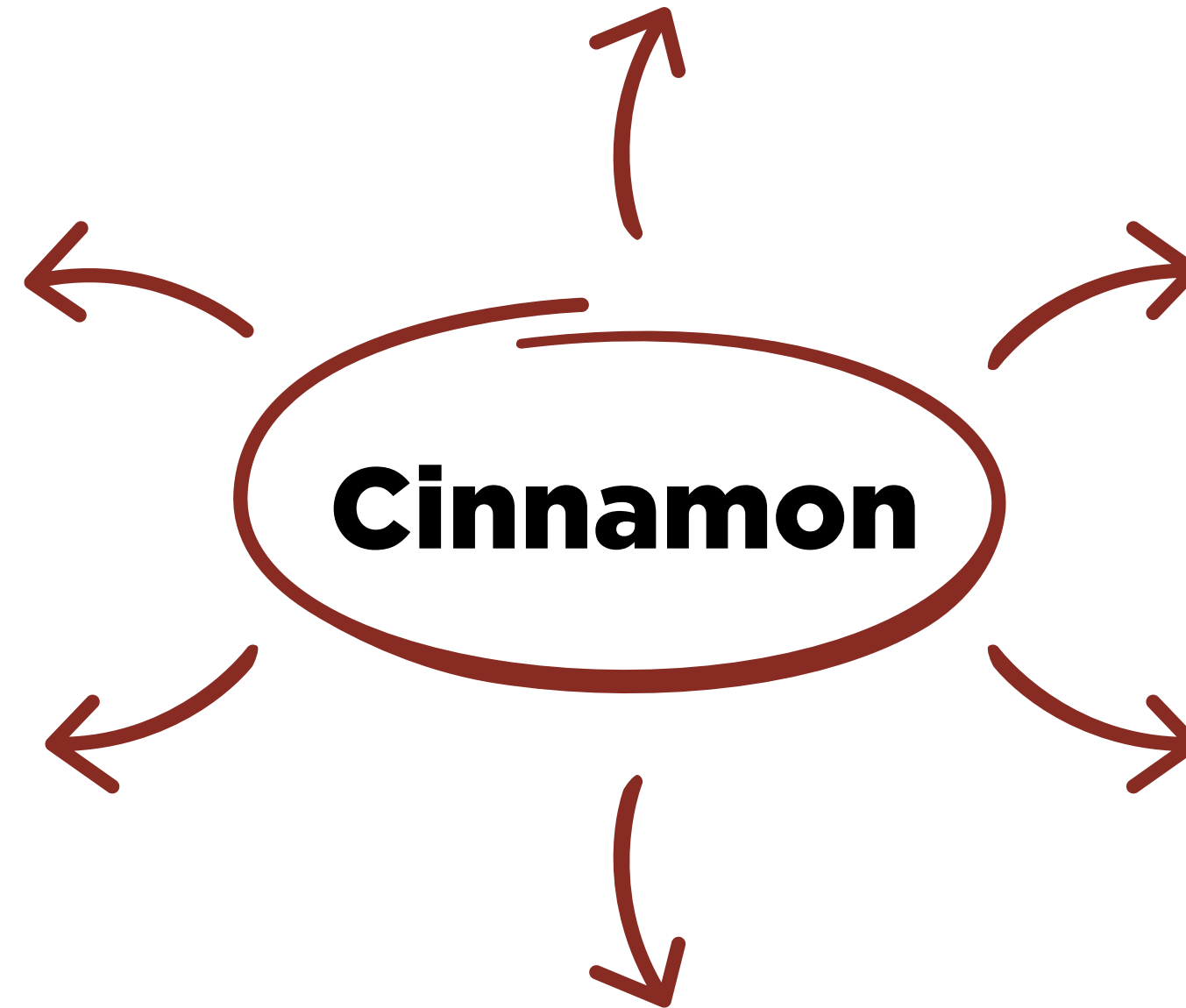
**decreased  
fasting blood  
glucose**

**increases HDL**

**Decreased  
insulin  
resistance**

**improves  
menstrual  
irregularity**

**decreases serum triglyceride**



**Cinnamon**

# Living Well with PCOS: Lifestyle Changes for a Healthier You

## LIFESTYLE CHANGES

**Get Enough Sleep:** Aim for 7-8 hours each night.



**Manage Stress:** Practice meditation or deep breathing.



**Stay Active:** Engage in 30 minutes of exercise daily.



Drink 8-9 glasses of water



# Reclaiming Control: Managing Emotional and Mental Health with PCOS

**Seek support**



**Prioritize mental health and engage in stress relieving activities**



**Practice self compassion**



**PCOS Doesn't Define You—Your Strength Does**



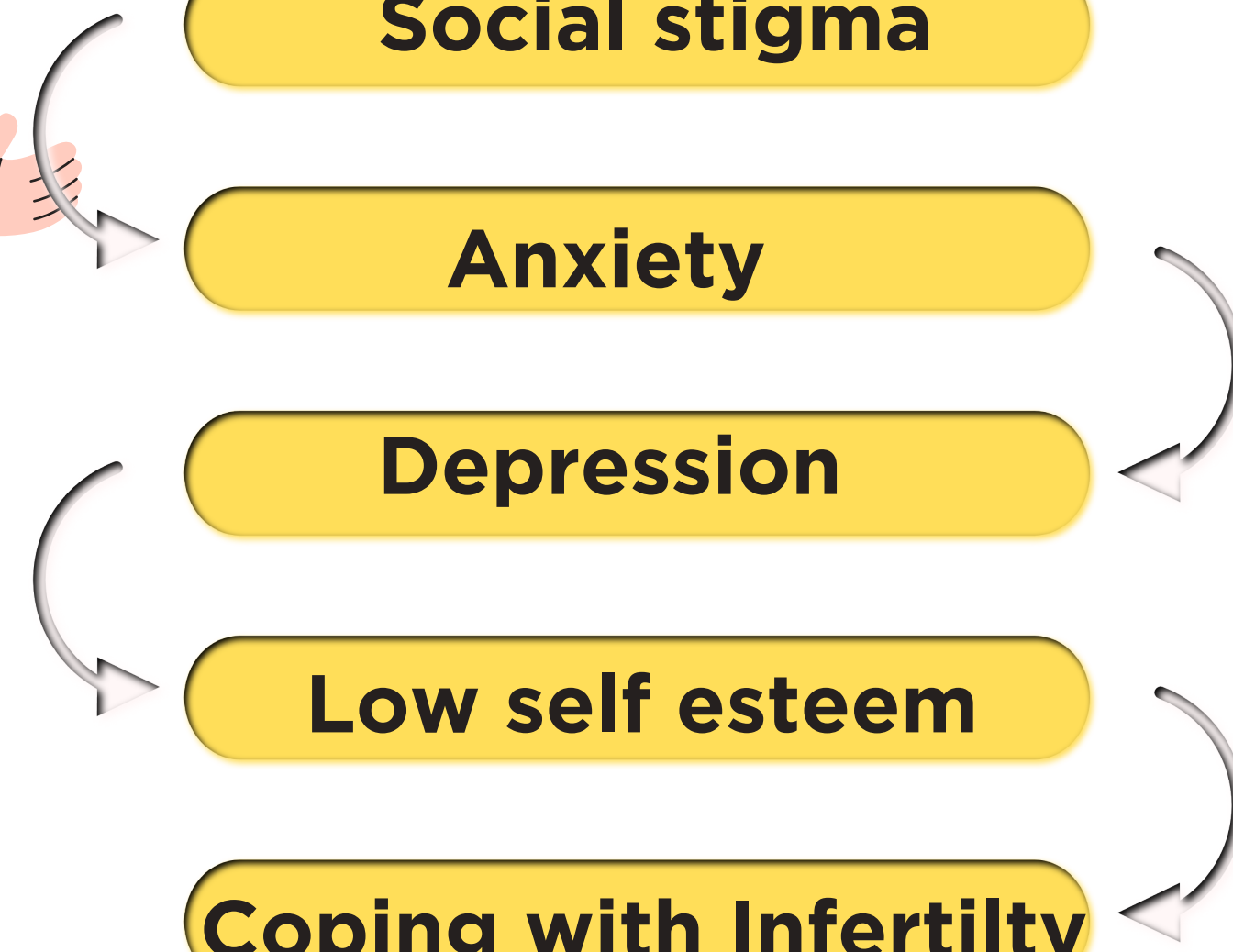
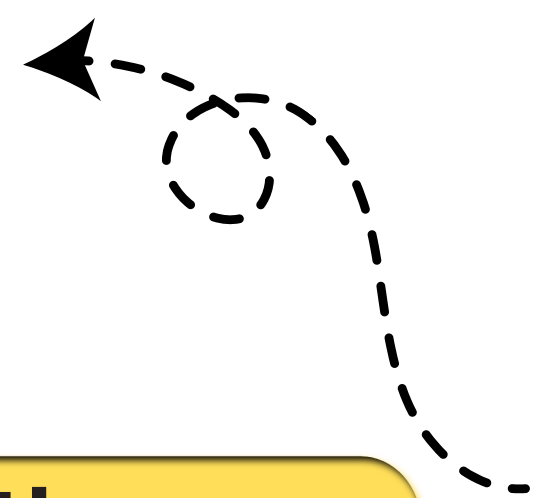
**Social stigma**

**Anxiety**

**Depression**

**Low self esteem**

**Coping with Infertility**



**Support and  
Solidarity: You  
Are Not Alone  
in This Journey**

---

*Leading Lady  
Empire -*

**"Hope, Strength, and Support  
—We Are In This Together."**



**PCOS can be challenging, but you're not alone. Reach out to support groups, online communities, and counseling services. These resources offer guidance, share experiences, and provide emotional support.**



# Breaking the Myths: Separating Fact from Fiction in PCOS

Myth 1:

“PCOS Only Affects Overweight Women “

Debusting the myth

PCOS can affect women of all body types, including those who are of average or low weight.

# Breaking the Myths: Separating Fact from Fiction in PCOS

## Myth 2

“You caused your PCOS by not eating healthy”

## Debusting the myth

PCOS is influenced by a range of factors, including genetics and hormonal imbalances—not solely by diet.

# Breaking the Myths: Separating Fact from Fiction in PCOS

Myth 3:

“ You Can’t lose weight , if you have PCOS “

Debusting the myth

Women with PCOS can lose weight with a tailored approach to diet, exercise, and lifestyle adjustments.

# Breaking the Myths: Separating Fact from Fiction in PCOS

Myth 4:

“ PCOS goes away after menopause “

Debusting the myth

PCOS does not go away after menopause; symptoms may change, but hormonal imbalances can persist.

# Taking Charge: Steps to Take When You Suspect PCOS



01

Track your symptoms

---

02

Consult a healthcare provider

---

03

Request Diagnostic test

---

04

Explore treatment options



- *Leading Lady*  
*Empire* -

**Building a Healthier Future**

**Your Role in Spreading  
Awareness**

**Empower Your Community: Share  
Knowledge, Raise Awareness, and  
Support Each Other in the Fight  
Against PCOS.**

**THANK YOU FOR JOINING  
US ON THIS JOURNEY  
TOWARD EMPOWERMENT  
AND HEALTH!**

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