

Polycystic Ovary Syndrome

It is a disease that affects the ovaries and leads to a disturbance in the natural ovulation process as a result of hormonal imbalance in the body, and it is sometimes associated with several symptoms that appear together at that time is called PCOS. It affects one or more of every 10 women of childbearing age. Signs and symptoms usually appear soon after a woman reaches puberty and starts her period (menstruation). In some cases, symptoms appear later during the reproductive years, for example as a result of increased body weight.

What are the symptoms of PCOS?

- Menstrual disturbance: This is the most common feature. Examples include that menstrual periods are longer than 35 days, or less than eight menstrual periods occur in a year, menopause for four months or more, or prolonged menstrual periods and may be light or heavy.
- Delayed pregnancy
- Obesity, especially in the waist
- Acne and increased oily skin
- Increased facial and body hair (hirsutism) (chin, abdomen, around breasts, etc).
- Poor scalp hair growth or hair loss

Physical signs of PCOS



Acne



Hirsutism



Alopecia

What are the causes of PCOS?

The main reason is unknown, but there are several factors that lead to it, including the genetic factor. Some believe that the problem is in the pituitary gland, where there is an increase in the hormone LH leads to a decrease in estrogen, which makes the response of the cysts in the ovary to a random and irregular response.

Others see that the problem lies within the ovary itself as it does not respond to the pituitary hormones appropriately as in the normal ovary.

A third team believes that the problem is located in the adrenal gland, as it produces a large amount of male hormones, such as DHEAS, which leads to polycystic ovaries. Also, the presence of insulin resistance in the body and an increase in insulin may be a reason.

A new theory attributes the problem to the lack of the secretion of the hormone dopamine in the upper centers of the brain, which in turn affects the hypothalamus and the pituitary gland.

Is there a risk for PCOS?

Yes, there are risks, and they are rare except with severe and late cases in treatment.

All the risks are caused by high estrogen levels for long periods:

- Benign and non-benign tumors in the womb and breast
- Weight gain and obesity, especially in the waist
- High blood pressure and heart disease
- High blood sugar (type 2 diabetes).

Are there tests for PCOS?

- Ultrasound examination (more than 12 cysts with a 2-9 mm size).
- Measuring the level of the hormone insulin in the blood and insulin resistance.
- Performing an analysis of female hormones on the second or third day of the date of the cycle initiation, especially for FSH and LH hormones.
- Analyzing the testosterone ratio.
- Perform an analysis of the functions of the thyroid gland, because its deficiency causes an increase in the milk hormone Prolactine and irregular menstruation.

What is the treatment of PCOS?

- The most important treatment for this disease is weight loss and exercise.
- Oral medication: Contraceptive drugs, after consulting a doctor -- reduce the male hormone or drugs that reflect the action of estrogen.
- Surgical treatment.

Early diagnosis and treatment with weight loss may reduce the risk of long-term complications