

PCOS uncovered: what you need to understand

In consultation with Dr Choo Soe-na, Associate Consultant, Division of Reproductive Endocrinology & Infertility, Department of Obstetrics & Gynaecology, **National University Hospital (NUH)**; Associate Consultant, Department of Obstetrics & Gynaecology, **Alexandra Hospital**; and Associate Consultant, Department of Obstetrics & Gynaecology, **Ng Teng Fong General Hospital**; and Dr Yuan Xi, Resident, Department of Obstetrics & Gynaecology, **NUH**.

Here's a fast look at the key signs, risks and strategies for managing polycystic ovary syndrome.

Skin and hair surprises

Acne, thinning hair or excess hair growth in unexpected places like the face, chest or back.

Period problems

Irregular periods, heavy or missing periods.

Fertility hurdles

Struggling to get pregnant? PCOS might be the cause.

Weight struggles

Unexplained weight gain, especially around the waist.

DID YOU KNOW?

Beyond hormones: PCOS can lead to sleep issues like sleep apnoea and fatigue. Rest is as vital as diet and exercise.

Gut health matters: A healthy gut may help manage PCOS symptoms – add more fibre-rich foods.

A link to inflammation: Chronic inflammation is common with PCOS. Anti-inflammatory foods like berries, turmeric and leafy greens may help.

Boost those vitamins: Women with PCOS often have low levels of vitamins D and B12. Consider supplements or nutrient-rich foods.

Skin signals: Dark patches on the skin may indicate insulin resistance linked to PCOS.

TAKE CONTROL



Move more: Regular exercise is key – even a 10-minute walk after meals helps!



Eat smarter: Choose low glycaemic index foods like lentils and whole grains to manage insulin resistance.



Stress less: Mindfulness, yoga or meditation can help manage symptoms.



Check in: Regular doctor visits are essential for your health.



Reach out: Rely on your support system, whether it's family, friends or a counsellor.

