

POLYCYSTIC OVARIAN SYNDROME



Polycystic Ovarian Syndrome (PCOS) is a condition in which a woman's ovaries and, in some cases the adrenal glands, produce more androgens than normal. High levels of these hormones interfere with the development and release of eggs as part of ovulation. As a result, fluid-filled sacs or cysts can develop on the ovaries. Because women with PCOS do not release eggs during ovulation, PCOS is the most common cause of female infertility.

PCOS is generally considered a syndrome rather than a disease (although it is sometimes called Polycystic Ovary Disease) because it manifests itself through a group of signs and symptoms that can occur in any combination, rather than having one known cause or presentation.

PCOS, also known as Stein-Leventhal Syndrome, can include the following symptoms or increase a woman's risk for the following conditions:

- polycystic ovaries
- amenorrhea (no menstrual period)
- infrequent and/or irregular periods
- infrequent or absent ovulation (oligomenorrhea or anovulation)
- infertility or subfertility
- excess hair on the face and body (hirsutism)
- acne or oily skin
- thinning of the scalp hair
- high blood pressure
- high levels of cholesterol and triglycerides in the blood
- elevated insulin levels or insulin resistance
- type 2 diabetes
- patches of darkened skin (acanthosis nigricans)
- weight gain or obesity, often with excess weight in the abdomen
- excess androgen (hormones which produce male sexual characteristics)
- skin tags

MANAGEMENT OF POLYCYSTIC OVARIAN SYNDROME

There is no cure for PCOS, but many of the symptoms can often be managed. It is important to have PCOS diagnosed and treated early to help prevent associated problems. There are medications that can help control the symptoms, such as birth control pills to regulate menstruation, reduce androgen levels, and clear acne. Other medications can reduce cosmetic problems, such as hair growth, and control blood pressure and cholesterol.

Lifestyle changes such as regular exercise can aid weight loss and help reduce blood sugar levels and regulate insulin levels more effectively. Weight loss can help lessen many of the health conditions associated with PCOS and can make symptoms be less severe or even disappear. Surgical treatment may also be an option, but it is not recommended as the first course of treatment.

RECOMMENDATIONS

The supplements in the above listed protocol are a general recommendation with an average dosage. By using the CustomVite program, our team of nutritionists have the ability to customize each supplement (or even add/delete) to a patient's unique nutritional requirements. Dosages can be adjusted accordingly to help improve your patient's overall nutritional status. This recommendation does not take into account drug-nutrient interactions. By having the patient provide us with their current prescriptions and supplements through our Lifestyle and Medical History Questionnaire, we can cross reference their information to determine if there are any interactions for their personalized formulation.

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These statements have not been evaluated by the U.S. Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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POLYCYSTIC OVARIAN SYNDROME PROTOCOL

There is a wide range of nutritional supplements that may help alleviate the symptoms of polycystic ovarian syndrome (PCOS) and reduce the incidence of ovarian cysts.

Listed below are several supplements that some health practitioners use for treating various aspects of polycystic ovary syndrome:

SUPPLEMENT	DOSAGE
Borage Oil	1000 mg
Chromium (picolinate)	600 mcg
Copper	1 mg
Fish Oil	1000 mg
Folic Acid	400 mcg
L-Carnitine (Fumarate)	1000 mg
Lipoic Acid	300 mg
Magnesium (amino acid chelate)	400 mg
Methylcobolamin (Vitamin B12)	200 mcg
Niacin (Niacinamide) (Vitamin B3)	50 mg
Pantothenic Acid (Vitamin B5)	50 mg
Pyridoxine Hydrochloride (Vitamin B6)	50 mg
Riboflavin (Vitamin B2)	50 mg
Soy Isoflavones	50 mg
Taurine	100 mg
Thiamin (Vitamin B1)	50 mg
Vanadium (sodium metavanadate)	50 mcg
Vitamin C	100 mg
Vitamin D	400 IU
Vitamin E	400 IU
Zinc (amino acid chelate)	25 mg

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