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&

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## PCOS awareness: Reproductive health in women and novel diet therapy

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**P**olycystic ovarian syndrome (PCOS) is one of the universal hormonal disorders in women of reproductive age, female infertility and its occurrence may reach up to 18-27% of women during their childbearing years. Women with PCOS have a hormonal and metabolism signs that may affect their overall health and appearance. Rapidly increasing cases of PCOS in current scenario indicates that there is a direct need to create awareness of it at the rural and urban level too. It typically presents with uneven menstrual cycles, signs of androgens and insulin confrontation. Patients with PCOS are at bigger risk of developing reproductive, metabolic and cardiovascular disorders, counting infertility, insulin resistance, diabetes mellitus type 2, tachycardia and hyperlipidemia. Furthermore, it may influence daily physical activities and nutritional therapy. Management of PCOS aims to lower body weight and insulin levels, re-establish fertility, treat hirsutism or acne, restore usual menstruation and stop complications. The symptoms of PCOS are actually not related to one another; changing definitions and a range of symptoms have made the path to diagnosis for many women difficult up to 70% of women with PCOS in the community remain undiagnosed. It is always said that a literate person is always alert for any complications in life. So, if we spread awareness regularly, it will help in the mapping of the disease and also helps in prevention and control of the disease. This initiative also helps in opening the conceptual spectrum and perception of the general population and medical professional towards the metabolic disorder and its sufferer. The National Institutes of Health (NIH) estimates that 50% of women with PCOS will become diabetic or pre-diabetic by age 40. Some studies have also publicized women with PCOS to be at higher risk for suicide as well as endometrial, ovarian and breast cancer. PCOS affects the quality of life and can worsen nervousness and hopelessness either due to the features of PCOS or due to the analysis of a chronic sickness.

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