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## The link between maternal PCOS women and autism

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A large-scale study out of Sweden suggests that women with PCOS have an increased risk of giving birth to children with autism spectrum disorder (ASD). As they reported online December 8th, 2015 in Molecular Psychiatry, the team looked at 23,748 individuals with ASD and nearly 209,000 unaffected individuals, all born in Sweden between 1984 and 2007. The group found that ASD was 59 percent more prevalent in children born to women with PCOS a relationship that was independent of PCOS complications such as increased neonatal distress or C-section delivery. The apparent PCOS link may seem odd at first glance. But, it fits with a theory for autism development that centers on androgens—male sex hormones. Many researchers suspect conditions that boost androgen levels or otherwise upset hormone balance during pregnancy may alter fetal brain formation in ways that contribute to social deficits, delayed language and other autism-associated symptoms later in life. The diagram is showing the break in the hormonal layers in the brain. Although ASD is five times more common in boys than in girls, babies born to mothers with PCOS in the study had the same risk regardless of the sex of the child. A different research shows having elevated levels of steroid hormones, (testosterone, progesterone, and cortisol) are found in ASD children. Because some of these hormones are produced in much higher quantities in males than in females, this may help us explain why autism is more common in males. In my lecture, I will talk about ways to minimize the risk and discuss my personal story.

## Biography

Melinda Luke has her expertise in helping PCOS women from personal experience. She has an Undergrad in Medical Administration and Coding. After starting a family, she has worked for Insulite Laboratories, where she talked with PCOS women all over the world. Then, she went to the Institute of Integrative Nutrition where she has received a certification in Health Coaching. Helping PCOS women is her passion. Her websites and health coaching programs are packed with the latest information.

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