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Beyond pain pills and antidepressants: The nutritional approach to pain and mood issues for women with PCOS

Felice Gersh

Integrative Medical Group of Irvine, USA

Women with PCOS generally have more emotional suffering and physical pain than does the average woman. They have more anxiety and depression, more arthritis and tendinitis, more headaches, and more irritable bowel syndrome. This presentation will discuss the issues of pain and mood disorder in women with PCOS, and how they are closely linked and are greatly related to both the nutritional status and the endemic inflammation of the gut in women with PCOS. The evolving world of "nutritional psychiatry" recognizes that the brain is intricately linked to gut health, and that gut inflammation, and the resultant impaired gut barrier (leaky gut), result in systemic endotoxemia and consequently more mood disorders and hypersensitivity to pain stimuli. Women with PCOS are greatly impacted by various pain syndromes and anxiety. Women generally have heightened pain sensitivity and develop significantly more mood disorders than do men, which relates to the role of estrogen in both gut and brain wellbeing. Women with PCOS generally are more inflamed and have more gut dysbiosis. My presentation will bring all bodily systems together into a clear and cohesive focus, centered upon hormonal balance and the detection of nutritional deficiencies and gut dysbiosis, factors which lie at the center of mood disorders and chronic pain for women with PCOS.

Biography

Felice Gersh is a Board Certified in both OB/GYN and in the new specialty of Integrative Medicine. She has graduated from the prestigious Fellowship in Integrative Medicine at the University of Arizona School of Medicine, received her Undergraduate degree from Princeton University, and her Medical degree from the USC School of Medicine. She has graduated as the top female student and was invited to join Alpha Omega Alpha, the elite medical honor society, open only to the top 5% of medical student graduates. She subsequently taught for over a dozen years as a Clinical Assistant Professor of OB/GYN at the Keck USC School of Medicine, has been the recipient of numerous awards, is a renowned national and international Lecturer, a Researcher, the author of book chapters and articles on women's health, has been featured on many web summits, webinars, and podcasts, and is currently writing a book on PCOS. She serves on several medical advisory boards, for medical industry and for non-profits, and is a sought-after forensic medical expert. She works alongside her team of lifestyle and holistic practitioners at the Integrative Medical Group of Irvine, where she is the Medical Director.

fgersh@integrativemgi.com

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