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POLYCYSTIC OVARIAN SYNDROME

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Polycystic ovary syndrome revisited: New concepts connecting the gut microbiome, the circadian rhythm, and hormones to the development and treatment of PCOS

Polycystic ovary syndrome is the most common endocrine dysfunction of reproductive-aged women, impacting virtually all organ systems of the female body. Despite its prevalence and great effect on both reproductive success and metabolic well-being, for decades there has been little progress in the understanding of the etiology of PCOS and of the great import which nutrition plays in its evolution, its manifestations, and its potential therapeutic value. In the past few years, there has been an explosion of ground-breaking research into the importance of the microbiomes of the body and of the gut microbiome. Although a hypothesis was published by Professor Kelton Tremellen in 2012, it was only in the last couple of years that his theory was proven correct – indeed, the gut microbiome of women with PCOS is both different and abnormal (dysbiotic). Additionally, women with PCOS have higher levels of circulating endotoxins, indicative of both gut dysbiosis and of impaired gut barrier function. This burgeoning data and understanding of the gut microbiome coincide with growing evidence of the critical interrelationship of the gut microbiome to the circadian rhythm and to hormones. Integral to this complex interconnection is the impact of the gut microbiome on the ovulatory rhythms of women and on metabolic health. This webinar will present the latest data on new understandings of the relationship of the gut microbiome, the circadian rhythm, hormones, and the evolution of PCOS. It will also provide clear-cut protocols for the implementation of nutritional approaches, incorporating food and supplement choices, and covering the best ways to implement time-restricted eating and periodic fasting into a nutritional practice to restore female rhythms and the gut microbiome to a healthy state. With the incorporation of nutritional medicine to treat the microbiome and the circadian rhythm, women with PCOS can be provided with renewed hope for the reproductive and metabolic health they both desire and deserve.

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.

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