

Polycystic Ovarian Syndrome Conference

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Tame the flames of PCOS: A unique and integrative approach to a global epidemic

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The driving force behind all of the problems be setting women with PCOS is chronic, systemic inflammation. Inflammation results in a wide array of metabolic abnormalities including insulin resistance, obesity, hypertension, arterial endothelial dysfunction, high cholesterol and plaque formation. Additional maladies are also present, including elevated androgens and their related consequences, irregular menstrual cycles, infertility, pregnancy complications, cystic acne, arthritis, anxiety, depression, sleep disturbances and irritable bowel syndrome. At this time, our medical system addresses these myriad and complex symptoms and conditions in a disjointed and unconnected manner with the result being that women with PCOS are often undiagnosed, misdiagnosed and poorly treated by an array of doctors each focusing in on a small piece of the problem, addressing only obvious symptoms and not the underlying foundational causalities. The integrative approach to PCOS looks at each woman as the unique and complex individual she is. Each woman is a blend of her genetics, her toxin exposures, her lifestyle choices and her hopes and dreams. This holistic approach addresses the underlying issues contributing to the myriad medical problems suffered by women with PCOS, as well as ameliorating the devastating symptoms. This presentation will present a brief overview of new groundbreaking science which explains the development of the ubiquitous inflammation present in all women with PCOS, which continually fuels the devastating flames of PCOS, creating its numerous associated problems. This will be followed by the presentation of a comprehensive, practical and specific integrative treatment protocol much of which all attendees can implement immediately. Copies of the protocols will be made available to all.

Biography

Felice L Gersh works in Integrative and Holistic Medicine, creating new paradigms in women's healthcare. Searching for better, safer and more natural ways to achieve optimal health, she trained at the University Of Arizona School Of Medicine, completed the Fellowship in Integrative Medicine in 2012. She is a renowned national speaker on topics of women's health, with a special passion for educating all on the complexities of PCOS. She has received numerous awards, including being named Physician of Excellence in Orange County 11 years in a row, a Super Doctor of Southern California, a Top Doc, was recognized for her excellence as an Attending Surgeon at USC Keck School of Medicine by the OB/GYN Department and she was elected into the prestigious Medical Honor Society, Alpha Omega Alpha. She is the Medical Director at Integrative Medical Group of Irvine, where she leads her team of dedicated holistic practitioners.

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