

# Polycystic Ovarian Syndrome Conference

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## The microbiome: Exploring new paradigms in our understanding of PCOS

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The critically important role which bacteria both on and within us, plays in all aspects of our health is only just beginning to be acknowledged. There are trillions of bacteria which co-exist with us and which contain more DNA than do our own genetic cells. They perform an amazing array of essential functions in a symbiotic relationship with us. The varied and essential functions of the microbiome have resulted in many scientists considering our microbiome to be the equivalent of another human organ, one which just happens to contain a different genetic makeup from our own cells. The exploration of the microbiome in women with PCOS is just beginning. For a variety of reasons, which will be covered in the presentation, women with PCOS have an unsatisfactory microbiome, deficient in certain bacteria, while oversupplied with others, creating an imbalance and additionally they may harbor a reduced diversity of species. And adding to the problem, their intestinal mucosal lining is often unhealthy. For the appropriate array of microbiota to grow, it is essential that the right foods are ingested. As well, there needs to be the absence of toxins, along with the right endocrine environment to foster the maintenance of a healthy mucosal surface. This presentation will cover the myriad ways in which the vast human microbiome interacts with and affects women, with particular focus on the special circumstances of women with PCOS. Suggestions and protocols for improvement of the gut microbiome will be included and made available.

### 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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