

2<sup>nd</sup> World Congress on

# Polycystic Ovarian Syndrome

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## Breaking the cycle of stress and PCOS during the reproductive years

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Women today are faced with a confluence of personal and professional demands. Their reproductive years can be particularly challenging. During this time, a woman's self-image, romantic relationships, career advancement and family building may all be at their height of importance and PCOS can negatively impact a woman's life in all of these areas. Consequently, stress that is created by facing obstacles in these areas can exacerbate PCOS. Stress reduction techniques can be beneficial in helping a woman's self-image, focus, relationships, diet and ultimately reduce many of the effects of PCOS. Our workshop will identify the ways in which PCOS can impact the modern woman's life, how the modern woman's life can cause PCOS symptoms to worsen, and how interventions can alleviate stress and break the negative PCOS/life stress cycle.

### Biography

Lisa Schuman, Licensed Clinical Social Worker, is RMACT's Director of Mental Health Services. She completed college at Northeastern University and received her MSW at Yeshiva University. Before entering the world of Psychotherapy, she worked in advertising and business. After 7 years in the business world she decided her calling was in helping people and went back to school to get her Graduate degree. She then completed 4 years of Post-graduate Training in Psychotherapy and Psychoanalysis, studied Short Term Therapy and became a Licensed Substance Abuse Counselor as well. Her desire was, and continues to be, to continue to grow and learn with the aim of having added skills to help her patients. With almost 20 years of experience in the field of Reproductive Medicine, she provides patients with support, guidance and education. She is also part of the Third Party Reproduction Team, for which she screens and counsels egg donors and gestational carriers. In her role as Director of Mental Health Services, she is responsible for staff education concerning patients' emotional needs, stressors and ways to offer additional support.

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