

9th Annual Congress on Polycystic Ovarian Syndrome and Fertility

ORAL PRESENTATION

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PCOS beyond fertility: Addressing aesthetic and emotional health for holistic care**Marta Ivaskevych**

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Polycystic Ovary Syndrome (PCOS) is commonly defined through its reproductive implications, particularly infertility and menstrual irregularities. However, for many patients, the visible and emotional manifestations of the condition are equally, if not more, debilitating. Clinical and patient-centered evidence demonstrates that hirsutism, acne, pigmentation disorders, weight fluctuations, and hair loss significantly impair self-image and psychosocial well-being. These aesthetic concerns, often underestimated in clinical care, contribute to heightened rates of anxiety, depression, and diminished quality of life.

This presentation emphasizes the need to broaden the clinical framework of PCOS management beyond fertility outcomes to encompass holistic care. Drawing from both clinical data and practice based insights, it highlights the effectiveness of integrative strategies: dermatological interventions, evidence-based aesthetic treatments such as electrolysis for permanent hair removal, and psychosocial support systems. Multidisciplinary collaboration-uniting gynecologists, endocrinologists, dermatologists, mental health professionals, and aesthetic specialists - can create comprehensive care models that restore confidence and emotional balance while addressing metabolic and reproductive health.

By shifting the focus toward holistic well-being, clinicians can improve adherence to treatment, enhance patient satisfaction, and foster resilience in women living with PCOS. The argument is not to replace fertility-centered care, but to recognize that reproductive health is only one dimension of a broader condition that touches every aspect of identity and daily life. Addressing aesthetic and emotional health alongside medical management is essential for achieving true long term outcomes and quality of life in PCOS care.

Biography

Marta Ivaskevych is a licensed electrologist and founder of IMS Electrolysis in South Florida, internationally recognized for her specialized work with patients affected by Polycystic Ovarian Syndrome (PCOS). As both a practitioner and a PCOS patient, she brings deep clinical and personal insight to the treatment of hormonally driven hair growth. Marta has treated over 300 women with PCOS using a customized electrolysis protocol that addresses complex endocrine profiles and skin sensitivities. She is the author of "Clinical Efficiency of Electrolysis and Laser Hair Removal in PCOS Patients", a comparative study highlighting electrolysis as a more effective and safer method for permanent hair removal in hormonal cases. To further support patients' recovery, Marta developed a specialized post-electrolysis skincare line formulated for sensitive and inflammation-prone skin. Through her clinical practice, research, and innovation, she continues to raise the standard of care and advocate for lasting, medically informed solutions for PCOS-related hair growth.