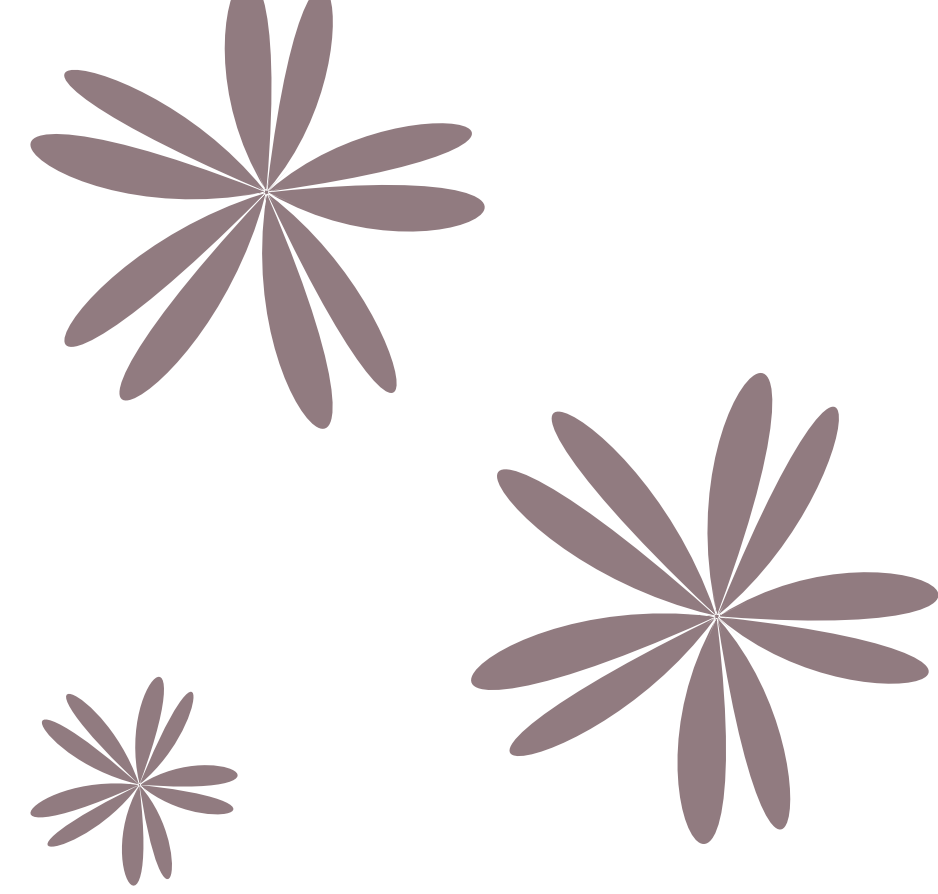


# PCOS



more than cysts on the ovaries and irregular cycles..

## Types of PCOS:

1. delayed or impaired ovulation, excess testosterone & cysts present
2. delayed or impaired ovulation, excess testosterone & No cysts
3. excess testosterone, cysts present & OVULATION happens
4. delayed or impaired ovulation, cysts present & NORMAL testosterone

## Labs to Diagnose PCOS:

- Bioavailable testosterone
- Progesterone
- Ovarian ultrasound

## Labs that point towards PCOS:

- Fasting insulin
- LH: FSH ratio
- AMH

## Key Lifestyle factors to support PCOS:

### Foods to support PCOS:

- focus on consuming fibre and LOW glycemic index foods
- each meal & snack should contain a fat & protein
- increase antioxidant consumption (get those veggies in!)

The goal of these dietary points is to support healthy blood sugar levels and decrease stress on an already stressed fasting insulin system.

Increasing consumption of antioxidants is also key for keeping inflammation down!

### Exercise:

- Weight bearing & resistance training is key to supporting healthy metabolism and reducing fasting insulin levels
  - Think HIIT style exercise
  - aim for 30 minutes every day!