

PCOS

(Polycystic Ovarian Syndrome)

WHAT IS IT?

A common endocrine disorder characterized by some or all of the following: high levels of androgens (testosterone and androstenedione), menstrual irregularities (missed, irregular and/or painful periods), disruption of normal ovulation, and enlarged ovaries with multiple cysts. Other common symptoms include acne, excessive or abnormal distribution of hair growth, hair loss, weight changes, infertility, trouble sleeping, mood disorders, and insulin resistance.

GENTLE NUTRITION SUGGESTIONS

Follow as you are able.

- Consume regular meals and snacks to help maintain insulin levels, normalize hormone levels, and reduce inflammation. Include sources of carbohydrates, fat, and protein in meals and snacks
- Some people find that their bodies feel better with the addition of a little extra protein (without cutting out other food groups). Talk to your dietitian about incorporating protein into meals and snacks, and notice whether or not this works for you
- Explore ways of moving your body that you enjoy. Physical activity can help maintain insulin sensitivity and alleviate some symptoms

OTHER RECOMMENDATIONS

- Give yourself time. It can take some trial and error to figure out what works best for you and your body, and to notice changes in symptoms
- PCOS can affect mental & emotional as well as physical health. Practice selfcare, and allow yourself to rest
- Seek support from friends, family, online forums, support groups, etc. It can be helpful to connect with others who are experiencing something similar
- Check out <http://www.juliedillonrd.com/> if you are interested in additional HAES-informed PCOS resources and information

*Do not engage in any of these suggestions if they are harmful to other aspects of your health.

REMEMBER

We are imperfect beings and each day is new and different. Some days it may be easier to follow the suggestions than others. Be gentle with yourself.

GOAL

Self-compassion and kindness towards your body.

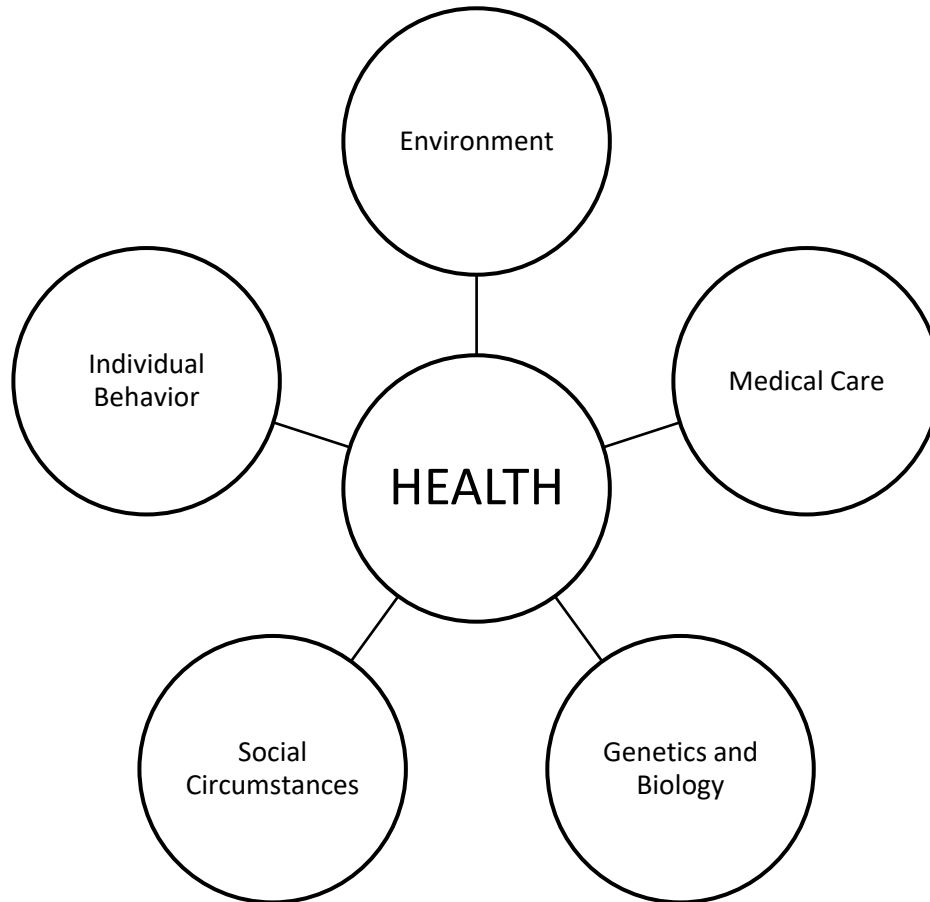
EVERY BODY IS DIFFERENT

There are a spectrum of symptoms and reactions. If any food or movement recommendations do not feel right for your body, trust that! It may be helpful to talk more about this with your dietitian.

TOTAL HEALTH

Health is complex and is influenced by many factors. Not all factors are within your control.

It is important to consider all these factors, not just individual behaviors, when exploring ways to address your health.



REMINDER:

This health condition is not your fault!

Discuss causes and risk factors with your doctor or registered dietitian if you are interested.

Image Description: A series of circles with Health labeled in the center circle. There are five additional circles surrounding the center circle each one connected to the center with a line. The surrounding circles are labeled: Environment, Medical Care, Genetics and Biology, Social Circumstances, and Individual Behavior.

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DISCLAIMERS

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