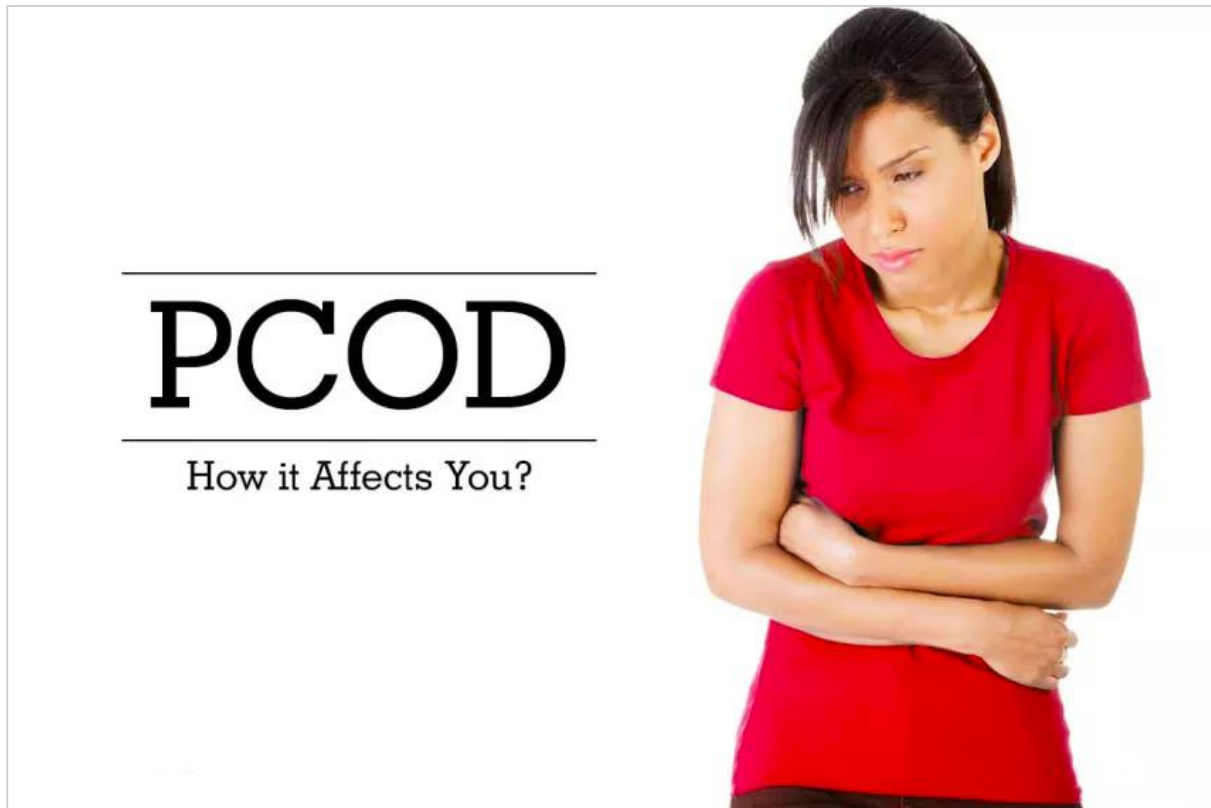


PCOD - How It Affects You?

By: [Dr. Jasmine Kaur Dahyia – MD\(Gynae\), MBBS](#)

[Clinical Director, NOVA IVI, Jalandhar](#)

[IVF, Infertility, Fertility & Test Tube Baby Specialist](#)



PCOD or **Polycystic Ovary Disorder** is one of the most common disorders of hormones among women in the age of reproduction. It is yet not discovered why some women become susceptible to this disease and it is believed to be a genetic disorder. The word “polycystic” refers to multiple cysts and a woman suffering from PCOD has multiple cysts in her ovary. This is due to the imbalance of hormones, which don’t allow the ovary to release eggs every month and these numerous unreleased eggs present in the ovary cause it to become polycystic.

What are the symptoms of PCOD?

The regular release of eggs from the ovaries directs a woman’s fertility and allows her to have a normal menstrual cycle. Therefore, women with PCOD face difficulty in conceiving along with irregular, low and absent periods. Some of the most common **symptoms of PCOD include infertility and even miscarriage, elevated insulin levels, high blood pressure, diabetes, acne, unhealthy weight gain and obesity.** It also leads to loss of hair from the scalp and excessive growth of hair on the body. This is due to over production of male hormones that lead to male pattern of growth of hair, such as on

chest, cheek, chin and inner thighs. The hormonal imbalance leads to weight gain and obesity makes the hormonal imbalance even worse, turning it into a vicious cycle.

How is PCOD diagnosed and treated?

Your gynaecologist would be able to determine whether you have PCOD by checking your symptoms. Then she would recommend you to do a few blood tests along with a pelvic ultrasound scan to confirm whether you have PCOD. Though this disease is not reversible, its symptoms may be reduced or minimised. Most women can lead a trouble-free and healthy life if they take proper precautions at the right time.

It has been pointed in several studies that reduction in weight can help in the improvement of most PCOD symptoms because fat contributes to the production of certain hormones.

Your doctor will prepare a treatment plan depending on the aspect from which you are suffering. For instance, if you are suffering from irregular periods, your doctor may prescribe you some contraceptives which can help in restoring normal menstrual cycle. But this treatment is definitely unsuitable for those who are trying to conceive. **The infrequent and irregular ovulation can make it difficult to conceive and it can be artificially induced with the aid of medications.** So, you must consult a gynaecologist to help your situation.