



Ovara.

PCOS

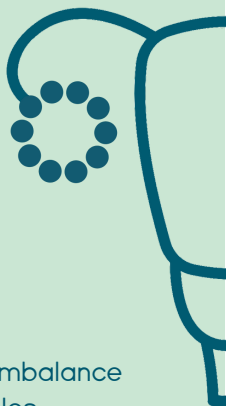
(polycystic ovary syndrome)



affects up to

2 in 10 women

and is the most common hormone imbalance disorder in reproductive-aged females.



50-70%

of women with PCOS are insulin resistant which can lead to

Obesity

Diabetes

Heart Disease

Cancer

PCOS is the most common cause of female infertility

Despite this, many women with PCOS can still conceive on their own with lifestyle changes or treatment.

How is PCOS treated?

Diet and lifestyle changes are often recommended, but most women with PCOS struggle with an unfair metabolism and have difficulty losing weight.

Check out www.ovara.com to learn more.

Common symptoms include:

(PCOS is a syndrome, so symptoms may vary)



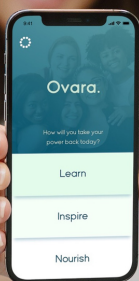
Irregular menstrual cycles and "polycystic" appearing ovaries



Excess hair growth, scalp hair loss and acne



Depression, anxiety and eating disorders



Ovara.

A Nutrition and Wellness Education
App for Women with PCOS



Educational
Videos



Inspirational
Stories



Nutrition
Recommendations



General
Wellness Tips



Grocery List
Builder



Recipes and Tips
for Dining Out



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