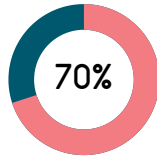


# Our Clinical Research

## Background:

- Up to 70% of women with PCOS have hyperinsulinemia, but only 30% have impaired glucose tolerance.
- Lifestyle changes that lower insulin levels should be encouraged.
- Some foods elicit a larger insulin spike than other foods, independent of carb content.



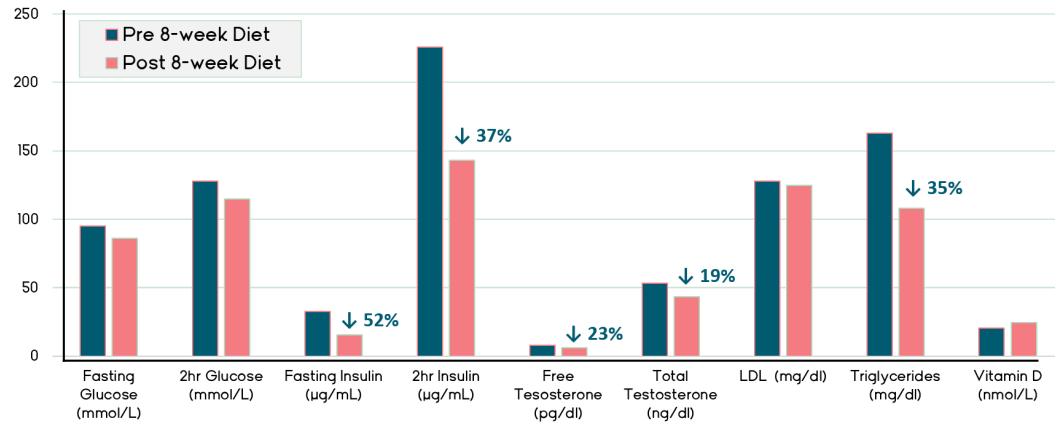
of women with PCOS are hyperinsulinemic

## Methods

- Females with PCOS were instructed to avoid foods that elicit an excessive insulin spike, such as starches, dairy products, and added sugar.
- Participants were instructed to eat all they wanted of lean proteins, non-starchy vegetables, fruit, nuts and seeds, and healthy oils.
- Participants with T2D were excluded, as were patients using insulin sensitizing medications, spironolactone, or hormonal birth control.

## Results:

	Pre 8-Week Diet	Post 8-Week Diet	Change
Weight (lbs)	232.4	214.5	-19.1
BMI (kg/m <sup>2</sup> )	38.5	35.5	-3.0
Waist Circumference (in)	44.6	41.5	-3.0
Body Fat (%)	49.3	47.0	-2.3



## Conclusions:

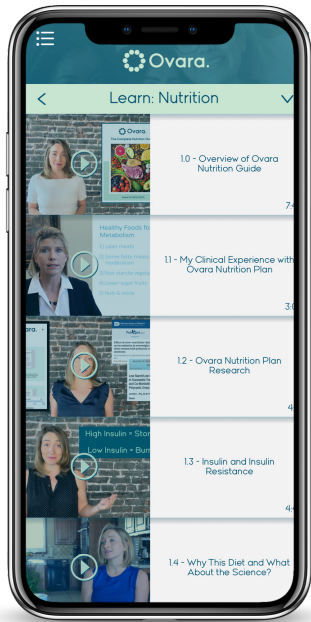
- Females with PCOS should be investigated for hyperinsulinemia.
- The Ovara Nutrition Plan can be helpful in lowering insulin levels and facilitating weight loss in women with PCOS.

PCOS, polycystic ovary syndrome; T2D, type 2 diabetes

Marshall JC & Dunaif A. Fertil Steril 2012 Jan;97(1):18-22  
 Phy JL, Pohlmeier AM, et al. J Obes Weight Loss Ther 2015 Apr;5(2):259  
 Pohlmeier AM, Phy JL, et al. Appl Physiol Nutr Metab 2014 Nov;39(11):1237-1244

# A Nutrition Education and Wellness App for Women with PCOS

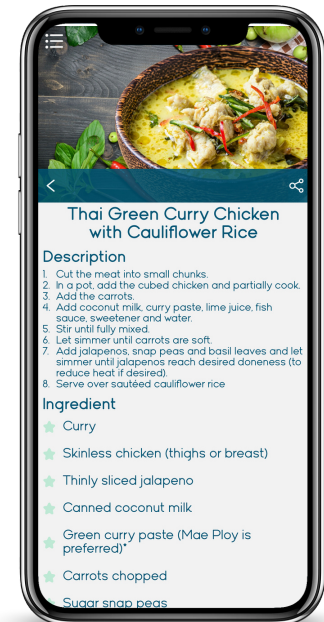
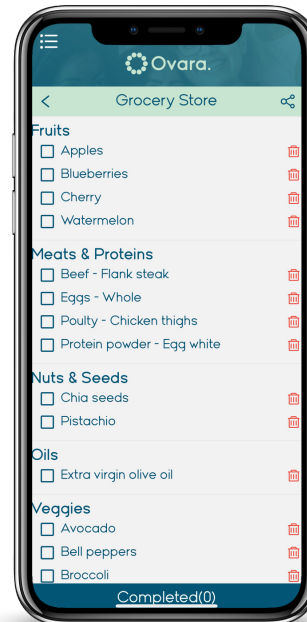
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