

# WHAT YOU SHOULD KNOW ABOUT

# PCOS

(POLYCYSTIC OVARIAN SYNDROME)

**POLYCYSTIC OVARIAN SYNDROME IS THE MOST COMMON ENDOCRINE DISORDER IN WOMEN.**



The ovaries produce more androgens (male sex hormones) than they should.



Many with PCOS have elevated insulin levels which also increase production of androgens.



PCOS is the most common cause of female infertility.



**UP TO 1 IN 5**  
WOMEN WORLDWIDE  
HAVE PCOS.



**70%**  
of women with PCOS are undiagnosed.

## PCOS CAN OCCUR IN GIRLS AS YOUNG AS 11 YEARS OLD

**\$4 BILLION**



The United States spends an estimated \$4 billion annually to identify and manage PCOS.



Over 50% of women with PCOS develop pre-diabetes or type 2 diabetes by age 40.



**50-70%**  
of women with PCOS have insulin resistance.



Risk of heart attack is **4 to 7 times higher** compared to women the same age who don't have PCOS.

Women with PCOS have a 70% prevalence of elevated triglycerides, LDL and low HDL.

**70%**

of women with PCOS have hirsutism, increased facial and bodily hair.

Suicide attempts are **7 times** more common in women with PCOS.



Up to 80% of women with PCOS are obese.

**15-30%**

of women with PCOS have acne.



Obese PCOS women are at a **5-10 times higher risk** for sleep apnea.

**60%**

of women with PCOS are diagnosed with at least one psychiatric disorder, such as depression, anxiety, or an eating disorder.



Fatty liver affects **15% to 55%** of women with PCOS.



Women with PCOS have a **2.7 times increased risk** of endometrial cancer.

**1.5 to 3 TIMES LARGER**

Ovaries of PCOS sufferers tend to be from 1.5 to 3 times larger than normal ovaries.

A number of studies demonstrate that modest **weight loss of 5-10%** of initial body weight improves metabolic, reproductive and psychological features of PCOS.



**Authority Diet**

[www.authoritydiet.com](http://www.authoritydiet.com)

### References:

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