

For immediate release

## AESTHETIC TREATMENT LEADS TO DIAGNOSIS OF MYSTERY SYMPTOMS

### *Incurable But Treatable Syndrome Revealed After Routine Laser Hair Removal*

**London, X March, 2009** – A series of seemingly unrelated symptoms over a period of more than five years, including constant fatigue, skin problems and mood swings has finally been solved for a 34-year-old catering manager after a routine laser treatment with her aesthetician. Jolana Kirk, of Hove in West Sussex, was advised by Sarah Williams, an aesthetician at Wimpole Dermatics ([www.wimpoledermatics.com](http://www.wimpoledermatics.com)), to seek testing for Polycystic Ovarian Syndrome (PCOS) after Jolana, who had been visiting Sarah for more than three years for laser hair removal and treatment for acne and rosacea, mentioned the array of symptoms she'd been experiencing.

Says Jolana:

*"I have always been a very active and sporty person as well as the happy-go-lucky type. Around five years ago things changed. I started to experience a fatigue which was difficult to shake off – no matter how much I tried to build in time for relaxation such as having an early night or a weekend lie-in. My mood also changed and I found myself becoming more and more snappy and bad tempered. I didn't like being this way but I couldn't help it. I also noticed a big change in my skin and although I'd always had a bit of facial hair on my upper lip I started to get it also on my chin,*

*"I went to see my GP on several occasions but we just put it down to lifestyle or general stress – but actually I was exercising and eating well so couldn't understand why I was feeling this way. My husband is a very understanding man but I could see at times my mood was stretching his patience, so it was also beginning to affect my relationship," she added.*

When Jolana told Sarah about these symptoms, Sarah prompted her to investigate it further, and suggested Jolana see top endocrinologist Professor Nadir Farid at The London Endocrine Clinic ([www.thelondonendocrineclinic.co.uk](http://www.thelondonendocrineclinic.co.uk)), which specialises in disorders including PCOS.

*"I felt that for the first time, someone was actually listening to me about the difficulties I was having and was interested in helping me find out what the problem was. I believe even just being able to talk frankly about how I was feeling helped a lot. I was given a blood test, which confirmed Prof. Farid's suspicions that I had PCOS. I have been advised to follow a low GI diet and given Metformin, and although it isn't yet fully in my system, I already feel much better mentally now that I've been diagnosed. PCOS isn't curable but it's treatable, and although it isn't something I'd want to have I'm quite relieved I've discovered what's wrong with me and can get on with life," Jolana said.*

PCOS is a condition affecting between 3 and 5 per cent of women. It is not known if women are born with this condition however it does seem to run in families. Women are more at risk if they are overweight. Women with PCOS have an increased risk of strokes and heart attacks, but their death rate from these conditions is not increased. They may also have an increased risk of endometrial cancer (cancer of the lining of the womb), particularly if they have infrequent or absent periods.

According to Professor Farid:

*"Signs of PCOS are often not linked and many women may not even find out they have PCOS until they have difficulty conceiving, or maybe one symptom becomes something they seek help for. Symptoms can include acne, excess hair growth or loss of hair, fatigue, infrequent periods, obesity and infertility - although not all women with PCOS will experience all of them. It is important women who are experiencing any of these symptoms see their GP and insist on a blood test. Treatments to keep it under control are available and will greatly improve the life of a woman living with PCOS."*

Wimpole Dermatics is the aesthetic division of The London Endocrine Clinic, a private independent clinic offering a broad range of endocrine, fertility and anti-ageing services. It is a Fotona Laser Centre of Excellence and an integrated medical spa equipped with the latest laser systems for non-

surgical treatment of conditions such as acne and acne scarring, blemishes and pigmentation, facial and leg veins and unwanted hair. For further information, visit [www.wimpoledermatics.com](http://www.wimpoledermatics.com).

For further information on endocrine services, visit [www.thelondonendocrineclinic.co.uk](http://www.thelondonendocrineclinic.co.uk) or call 020 7636 6168.

## ENDS

The London Endocrine Clinic is a private independent clinic that offers a broad range of endocrine, fertility and anti-ageing services.

The clinic has an international reputation in thyroid disease including thyroid cancer, the spectrum of insulin resistance including the metabolic syndrome, polycystic ovarian syndrome (PCOS) and diabetes, as well as genetics of endocrine disorders. Heading up the clinic is Prof. Farid, an Endocrinologist with special interests in pituitary disease, thyroid disorders particularly thyroid cancer, diabetes, female infertility, including polycystic ovarian disease.

His extensive training, academic posts and consultant endocrinologist roles ensued and he is now in full time private practice and carries out research through his biotechnology company, Osancor Biotech Inc.

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