

## Diet for managing polycystic ovary syndrome.

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Accepted on February 27, 2021

### Perspective

PCOS, or Polycystic Ovarian Syndrome, is a hormonal imbalance that affects a woman's reproductive system. Each case of PCOS is unique, and the causes are still unknown. PCOS is a hormonal imbalance in which a woman's ovaries contain an excess of the male hormone testosterone and a lack of the female hormone oestrogen. As a result of the body's inability to undergo normal ovulation, the eggs that are not properly released each month swell and cluster around the ovaries, forming cysts.

### Symptoms of PCOS

Women with PCOS are likely to have at least two of the following three symptoms: high levels of the androgen, or male hormone, testosterone (which often leads to the hallmark symptoms of excess body hair, or Hirsutism, and cystic acne), irregular or painful menstrual cycles, or tiny cysts that can only be detected via ultrasound.

### Treatment options

One of the most common treatment options for PCOS is hormonal birth control, which attempts to remedy the hormonal imbalance at the root of the disorder. Other prescription medications used to treat PCOS include Metformin, which may help the body absorb insulin and lose weight, and Spironolactone, which may minimize excessive hair growth caused by testosterone. However, both dietary and medical experts tend to agree that making healthy lifestyle improvements, such as changing diet and exercising may have a major positive effect on the recovery process.

### Basics of a PCOS diet

#### Carbohydrates with high fiber content should be selected

Women with PCOS are more likely than women without PCOS to be diagnosed with type 2 diabetes. Women with PCOS need to eat high-quality, high-fiber carbohydrates in the same way as diabetics do. This will help to keep the blood sugar levels in check.

#### Consume a well-balanced diet

A well-balanced PCOS diet can assist in preserving your body's neutral, homeostatic state. Insulin can work properly by carrying glucose to your cells for energy when you eat a well-balanced PCOS diet. As a consequence of this process, there is less insulin in your bloodstream, which decreases androgen production and alleviates PCOS symptoms.

### Maintain a regular schedule and meal times

Meals should not be missed. Skipping meals can cause blood sugar levels to drop, resulting in food cravings and overeating. Your blood sugar levels will be able to regulate if you stick to a schedule. The development of androgen in your body is helped by maintaining a steady blood sugar level. PCOS effects are less extreme when androgen production is sufficient. To help control blood sugar and develop better habits, some doctors suggest consuming smaller, more regular meals.

### Choose foods that are nutrient-dense and rich in vitamins and minerals

According to research, eating foods rich in Vitamin D, Vitamin B, Iodine, Selenium, and Magnesium can help enhance insulin resistance and reduce the severity of PCOS symptoms.

### One last thought on PCOS and diet

All diets should be balanced with normal, moderate exercise (30-40 minutes a day, 3-4 days a week at the very least.) This is particularly true for women with PCOS, as insulin resistance is frequently a contributing factor in metabolic and reproductive problems. Exercise is an effective way to boost insulin sensitivity and start reversing these issues. Women who are obese or haven't exercised in a long time should start with the aid of a specialist.

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