

PCOS in Adolescents-Let us ponder over the puzzle!

-Dr. Nandini Chakrabarti

What is PCOS?

Polycystic Ovarian Syndrome is a medical condition with menstrual irregularities, over expression of male hormones in the form of acne, hair fall and abnormal female distribution of facial & body hair along with multiple cysts in ovaries due to hormonal imbalance.



Why do we hear about it so often these days?

PCOS -Prevalence of PCOS is sorrowfully between 3.7 to 22.5% in India (predominantly in urban backdrop); thanks to globalization with predominant Western impact, sedentary lifestyle during Covid Pandemic, mechanized chores of life, addiction to electronic gadgets, misconception regarding dignity of labour & self-help, paucity of open spaces & playgrounds, extremely competitive attitude for career excellence in the most populated country of the world as ours & last but not the least

is lack of public awareness!

What is the cause of PCOS?

Multifactorial with genetic, endocrinological & lifestyle components

Why is it challenging to diagnose PCOS in Adolescents?

Adolescence is the transition phase between childhood & adulthood with surge in hormones with increase in weight, height, mild acne & irregular periods & cystic ovaries due to immaturity of biological axis but PCOS manifests a more exaggerated form of puberty changes.

What degree of irregular periods should press the PCOS alarm?

Irregular menstrual cycles are common within 1st year of menarche or onset of 1st period

BUT

- 1) Menstrual cycles more than 90 days for any one cycle (after 1 year of menarche) or
- 2) Menstrual cycles less than 21 days or more than 45 days (after 1 year but less than 3 years of menarche) or
- 3) Menstrual cycles less than 21 days or more than 35 days (after 3 years of menarche) or
- 4) Absence of periods by 15 years of age or
or
after 3 years of development of breast buds

Can Signal PCOS.

Can ULTRASOUND confirm Adolescent PCOS?

USG is not recommended for diagnosing PCOS within 8 years of onset of 1st period or menarche.

Why do we need to prevent & treat PCOS?

It is imperative to prevent & treat PCOS as it has far reaching health concerns like

- Metabolic Disorders like Obesity, Diabetes & Cardiovascular Diseases
- Subfertility
- Depression & Anxiety
- Certain types of Cancers like Endometrial Cancer (Cancer of inner lining of uterus)

How to combat PCOS?

-By encouraging balanced diet

1 COVER HALF YOUR PLATE WITH LOW-STARCH VEGGIES

- Leafy greens
- Broccoli
- Cauliflower
- Asparagus
- Green beans
- Bitter melon
- Cabbage
- Cucumbers
- Bell peppers
- Carrots
- Zucchini

2 COOK UP TOP VEGGIES WITH HEALTHY FATS

- Avocado and avocado oil
- Olive and olive oil
- Coconut and coconut oil
- Fish & seeds
- Dressed leafy greens

3 ADD ABOUT A HANDFUL OF CARBOHYDRATE-DENSE WHOLE FOODS OR ONE QUARTER OF YOUR PLATE

- Whole and sprouted grains like brown rice or quinoa
- Beans
- Lentils
- Chickpeas
- Eggs
- Nuts
- Fruit

4 PROTEIN-DENSE FOODS OR ONE QUARTER OF YOUR PLATE

- Poultry
- Shrimp and fish
- Eggs
- Tofu
- Quinoa
- Nuts
- Tofu, tempeh or seitan, if vegan

-By promoting exercise by participating in all possible work outs like walking for 2 hrs or counting 2500 steps or 30 mins workout per day or 150 mins per week.

PCOS 15min HIIT Workout

Perform each exercise for 30 seconds followed by a 20 second rest. 3-4 rounds total.

- 1 Squats
- 2 Step Ups
- 3 Push Ups
- 4 Plank
- 5 Jumping Jacks
- 6 Burpees

-By raising Public Awareness

September
PCOS
AWARENESS
MONTH

September 2022 is International PCOS Awareness Month

Goals & Ideals are to-

- -increase awareness & education about PCOS among general publics, girls' & health care professionals

- -improve dagnosis & treatment-
- -disseminate information on diagnosis & treatment options
- -improve quality of life
- -promote the need for further research
- -acknowledge the struggles
- -encourage countries ,states ,territories & localities to make PCOS a public health priority
- -By having a realistic approach



Let us pledge together to solve the puzzle of PCOS during the “Sharad Festival” with the same fervor as “Dasabhuj Ma Durga” slays the demon PCOS in the guise of “Mahisasura.”



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