



# **I've Been Diagnosed with PCOS, Now What?: A Guide to Thriving with Polycystic Ovary Syndrome**

*Lisa A. Borunda Conner FNP-BC*

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# I've Been Diagnosed with PCOS, Now What?: A Guide to Thriving with Polycystic Ovary Syndrome

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## **I've Been Diagnosed with PCOS, Now What?: A Guide to Thriving with Polycystic Ovary Syndrome**

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If you are one of the millions of women who have been diagnosed with polycystic ovary syndrome (PCOS) and are seeking answers to help you live a happier, healthier life then this book is for you! This book is also a great place to start if you think you have PCOS and are looking for answers. PCOS is the most common endocrine disorder among women of reproductive age, affecting approximately 1 in 10 women.

Comprehensively treating PCOS will improve the physical and emotional symptoms commonly seen with PCOS. Symptoms such as acne, dark hair growth, hair loss, infertility, irregular cycles, fatigue, anxiety, depression, increased appetite, sugar cravings, and weight gain. The symptoms will vary from person to person as will the treatment and should start by addressing the symptoms most bothersome to the individual. PCOS is treated by using a combination of medication, diet, and exercise. Treatment is designed to help with weight loss, decrease insulin levels, balance hormones, improve fertility, regulate cycles, and decrease the risk of long-term health complications (such as type 2 diabetes and heart disease). Nutritional and psychological counseling can also be very beneficial. It's important to treat the entire syndrome and not stop with treating just one symptom. I hope this book will educate and inspire you and help you to understand that proactively treating PCOS will help you feel better now and in the future.

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