

PCOS Uncovered: Grasp the Basics

Contact

The Fertility RN
Thefertilityrn@gmail.com

Herman Weiss, MD
[@Provationlife](https://www.instagram.com/Provationlife) CEO



Featuring: Herman Weiss, MD

Co-Founder at Provation Life, Dr. Weiss is a board certified OBGYN. An expert in Holistic PCOS Management and Reproductive Wellness. Dedicated to Empowering Women's Hormonal Health and Reproductive Success..



Herman Weiss,
OBGYN
CEO Provation Life

What is PCOS?

Polycystic Ovarian Syndrome is the most common endocrine disorder in women of reproductive age impacting 10-15% of women. PCOS is defined by a combination of signs & symptoms of hormonal imbalances and ovarian dysfunction leading to irregular cycles.



Kim Schamroth
RN
The Fertility RN

Why is this important?

- Our reproductive system functions via the interaction of hormones and the brain triggering a cascade of events from follicular growth to ovulation to implantation if one is trying to conceive.
- PCOS patients experience a hormonal imbalance that *prevents* follicular maturation and ovulation from taking place, thus inhibiting our chances of conceiving.

How is PCOS Diagnosed

The Rotterdam Criteria:

Your OBGYN or Fertility Specialist will need 2/3 of the following:

1. Hyperandrogenism: increased testosterone in the blood
 - Signs include: excess unwanted hair growth and acne
2. Irregular/Absent Cycles:
 - If you are not ovulating you will not have a regular period
3. Polycystic Ovaries:
 - Known as a "ring of pearls" on a transvaginal ultrasound
 - Your ovaries have many small follicles with immature eggs inside of them that have failed to develop and ovulate

Types of PCOS:

1. Insulin Resistance PCOS
2. Adrenal PCOS
3. Inflammatory PCOS
4. Post-Pill PCOS

"We don't live in these silos, we fluctuate on a pendulum depending on life's circumstances" - Dr. Weiss

In our next IG we discuss each type of PCOS and how to manage it