PCOS (Polycystic Ovary Syndrome)

A common endocrine disorder characterized by hormonal imbalance with hyperandrogenism, ovulatory disorders, and often insulin resistance.

Etiology

- Insulin resistance (central factor)
- Estrogen-progestin imbalance
- Hyperandrogenism Intestinal dysbiosis
- Chronic low-grade inflammation
- Genetic and epigenetic predisposition
- Chronic stress (HSA axis)

Symptoms

Irregular cycles / anovulation
Acne, oily skin, hirsutism, weight gain (especially abdominal), chronic fatigue, fertility problems, mood disorders

Diagnosis & Treatment

DIAGNOSTIC

- Hormone panel (LH, FSH, testosterone, insulin) Pelvic
- ultrasound Blood glucose /
- HOMA-IR

ALLOPATHIC TREATMENT

- ANTI-ANDROGEN
- CONTRACEPTIVE PILL
- METFORMIN

Multidisciplinary natural treatments

- Diet: Low glycemic index, Anti-inflammatory, Reduction of simple sugars, High-quality protein intake, Omega-3, Micronutrition, Inositol (myo + D-chiro), Zinc, Magnesium, Vitamin D, Chromium, Herbal medicine: Chaste tree, Cinnamon, Licorice (depending on profile), Microbiota, Specific probiotics, Reduced intestinal permeability, Stress management, Adaptogens: Rhodiola, Ashwagandha

- Pathology strongly linked to insulin metabolism. Nutritional
- approach = central. Essential
- groundwork.