



HEALTH RECORD

Polycystic Ovary Syndrome (PCOS)

PCOS is a complex endocrine disorder characterized by hormonal and metabolic imbalances that can affect ovulation, glucose metabolism, and reproductive health.

Symptoms

- ✓ Irregular menstrual cycles
- ✓ No ovulation
- ✓ Difficulty conceiving
- ✓ Persistent acne
- ✓ Excessive hair growth (hirsutism)
- ✓ Hair loss
- ✓ Weight gain
- ✓ Fatigue
- ✓ Insulin resistance

Risk factors

- Genetic predisposition
- Insulin resistance
- Overweight or obesity
- Family history

Conventional treatments

Hormonal contraceptives
Ovulation inducers according to the pregnancy plan
Metformin in certain situations
Treatment of symptoms (acne, hirsutism)

Complementary approaches

A balanced diet, regular physical activity, good quality sleep and stress management can help improve insulin sensitivity and some symptoms.

When to consult a doctor?

In cases of very irregular cycles, infertility, severe acne, unexplained weight gain or signs of hyperandrogenism.

Bellis Wellness Clinic Approach

Our approach aims to support each woman individually, taking into account hormonal, nutritional, metabolic and lifestyle aspects, in addition to usual medical follow-up.

