PUBRICA
Knowledge Works

SAMPLE WORK

PATIENT EDUCATION CONTENT

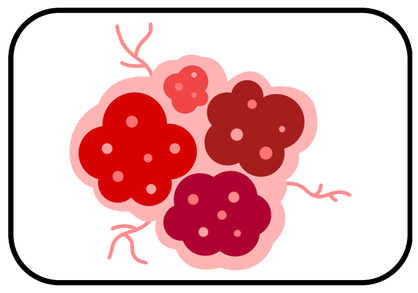
Polycystic Ovarian Syndrome

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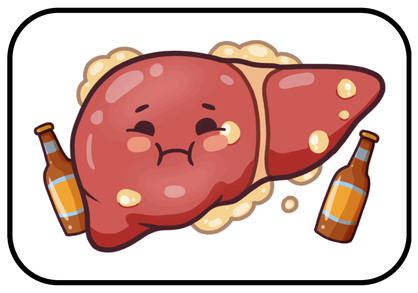
WHAT IS A POLYCYSTIC OVARIAN SYNDROME?

Polycystic Ovary Syndrome (PCOS) is a common hormonal disorder affecting women of reproductive age, characterized by higher-than-normal androgen (male hormone) levels, irregular or missed periods, and the development of small, fluid-filled sacs (follicles) on the ovaries. It is a leading cause of female infertility and is often linked to insulin resistance, weight gain, acne, and excess hair growth.

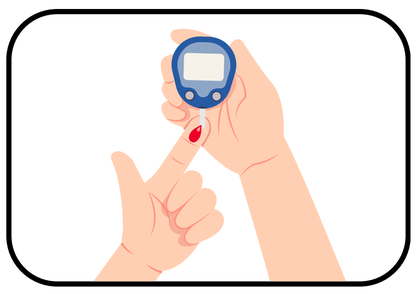
RISK FACTORS OF PCOS



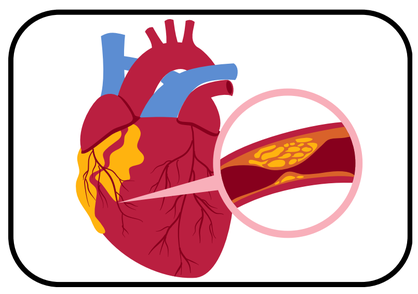
Malignancy



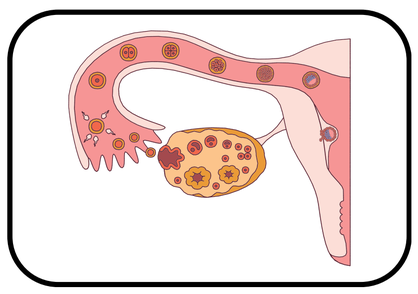
Non-Alcoholic Fatty Liver Disease



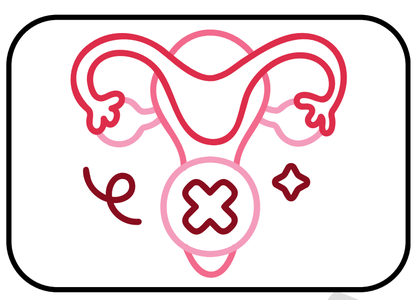
Types 2 Diabetes Mellitus



Cardiovascular Diseases



Sub-Fertility



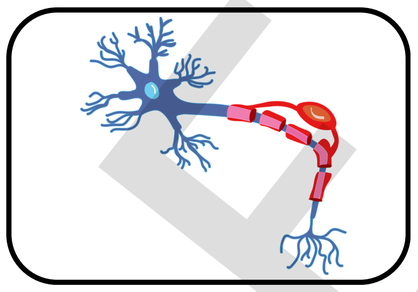
Obstetrical Morbidity



Obstructive Sleep apnea



psychiatry



Neurology



PCOS (POLYCYSTIC OVARY SYNDROME)



HAIR LOSS



HIRSUTISM



PELVIC PAIN



INFERTILITY



OVERWEIGHT



IRREGULAR PERIODS



FATIGUE



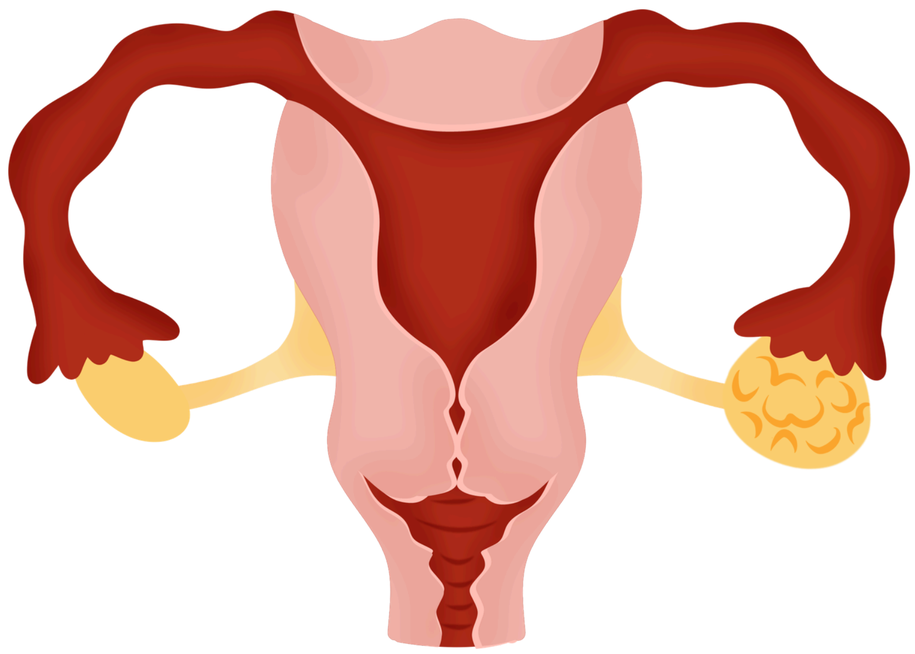
TESTOSTERONE LEVELS



ACNE

SAMPLE

TYPES OF PCOS



TYPES A PCOS

Defined by having:

- Delayed Ovulation
- High androgens
- Polycystic Ovaries
- Acne & Unwanted hair growth

TYPES B PCOS

Defined by having:

- Delayed Ovulation
- High androgens
- No cysts on ovaries
- Slightly less severe

TYPES C PCOS

Defined by having:

- High androgens
- Polycystic ovaries
- Normal ovulation/cycles

TYPES D PCOS

Defined by having:

- Polycystic ovaries
- Delayed ovulation
- No signs of high androgens

TREATMENT FOR PCOS



LIFESTYLE CHANGES

- Healthy diet & regular Exercise



MEDICATIONS

- Ovulation Induction
- IVF Therapy



FERTILITY TREATMENTS

- Hormonal Birth Control
- Metformin
- Anti-Androgen Medications



OTHER THERAPIES

- Hair Reduction
- Management of Insulin Resistance
- Counseling & Support

INVESTIGATIONS FOR PCOS

BLOOD TESTS



INSULIN RESISTANCE ASSESSMENT



PELVIC ULTRASOUND



OTHER TESTS



LIPID PROFILE

THYROID FUNCTION TESTS



SAMPLE