

PCOS awareness association and diabetes

Abstract

PCOS Awareness Association (PCOSAA) is a non-profit organization that relates to a syndrome called Polycystic Ovarian Syndrome that occurs in women. It was established by a woman who was diagnosed with PCOS herself and wanted to spread awareness about it. The awareness about PCOS is necessary because not many people are aware of it and the symptoms of PCOS vary with each woman so no woman ever thinks of it being a serious matter. Symptoms of PCOS include irregular/absent menstrual periods, infertility, dandruff, oily/acne skin, weight gain, thinning hair, dark patches on skin, pelvic pain, etc. Many of these symptoms such as oily skin and pelvic pain are often ignored by women, which makes it imperative for an awareness organization like PCOSAA to exist. PCOSAA allows and enables women to understand what exactly PCOS is, provides resources regarding it and creates public awareness about it. The more people are informed, the better are chances of early diagnosis for it. This is an organization for all women; whether it is women with PCOS or women who would like to learn more about it, all women should play a part in raising awareness for it. Awareness will help women understand that symptoms like irregular periods and pelvic pain are not something to be ignored and getting it checked it necessary. While there is no absolute cure for it, there are ways to reduce individual symptoms, which can help women with PCOS lead easier lives.

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Opinion

Polycystic Ovarian Syndrome (PCOS) is an incurable disorder of the endocrine system (the system that produces and regulates hormones). With PCOS, the body produces too much androgen, or testosterone, the mostly male-associated hormone. The female body produces testosterone, but at a much lower rate than men. This disorder affects more than 10million women worldwide and it is estimated that about 50% don't even know they have it. PCOS Awareness Association (PCOSAA or www.pcosaa.org) attempts to inform women of the symptoms, help women get tested, and provide support for women who have already been diagnosed.

PCOS can show itself in many ways. Some of the most common symptoms of PCOS are irregular periods, excessive facial hair growth, weight gain, infertility, and acne. Some of the less commonly known symptoms are sleep apnea, dandruff, male pattern baldness, skin tags, pelvic pain, anxiety, and depression. As if these symptoms aren't enough, undiagnosed women have a greater risk of developing pre-diabetes or diabetes, high cholesterol, high blood pressure, endometrial cancer, increased risk of breast cancer, and heart disease. Luckily, with the help of blood tests and pelvic ultrasounds, PCOS can be detected and treated. Many of the problematic symptoms mentioned above can be successfully treated, and the serious diseases listed above can be avoided. PCOSAA partners with other organizations to provide the many needed resources for affected patients and their families. The first step a woman will most likely take after a diagnosis of PCOS is finding a trustworthy physician that can tackle the medical

side of the disorder. PCOSAA has partnered with Expertscape, a preferred resource for locating physicians and other medical experts. Expertscape uses the National Institute of Health's PubMed database to identify the institutions and individuals that are conducting research and clinical trials, and publishing papers regarding this disease. The site is objective and unbiased, current, worldwide, and is free to use. Since diabetes is a possible repercussion of PCOS, it makes sense that PCOSAA partners with The Diabetic You to bring its Diabetes RV Tour across America. The tour's mission is to educate and inspire people with diabetes. The Diabetes RV Tour makes stops at doctors' offices, hospitals, schools, military bases, and diabetes conventions and walks. This movement will reach the millions that have diabetes, but also the millions that do not know they have diabetes. Receiving a diagnosis of PCOS can be scary and overwhelming for any woman. However, with the right doctors, treatments, and support systems, it is possible to avoid additional diseases that are caused by this disorder, as well as mitigate current symptoms you are experiencing. Don't let your fear of the unknown keep you from receiving the care and expertise you deserve. And be sure to contact PCOS Awareness Association for resources, tips, and support. By PCOS Awareness Association © 2015

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Conflict of interest

Author declares that there is no conflict of interest.