



Polycystic Ovary Syndrome (The Facts)

Mohgah Elsheikh, Caroline Murphy

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Polycystic ovary syndrome (PCOS) is a complex condition relating to a hormone imbalance of the ovaries. It can cause irregular or absent menstrual cycles, reduced fertility, excess facial/body hair growth and an increased risk of diabetes. An estimated 10% of the adult female population - approximately 2 million of the 19 million adult women in Britain - are affected by PCOS.

Written by a consultant endocrinologist and a dietician who run a PCOS clinic at a major hospital in the UK, this book aims to help women better understand PCOS and manage their condition. The book comprises concise chapters offering practical advice on the causes, symptoms, diagnosis and treatment of PCOS. The book also includes a useful section dedicated to weight management as well as a resource section including GI and calorie tables, and a list of helpful websites.

Polycystic Ovary Syndrome: The Facts is an invaluable resource that will empower women with PCOS with the knowledge to take control of their health and provide them with strategies to cope with their condition.

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