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POLYCYSTIC OVARIAN DYSFUNCTION

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Polycystic Ovary Syndrome (PCOS) is one of the most common hormonal disorders affecting women of reproductive age, with a prevalence of about 10–13%. It is characterized by hormonal imbalance, irregular ovulation, and metabolic disturbances. Due to diverse symptoms and lack of awareness, many cases remain undiagnosed, making it an important health issue worldwide.

The objective of this report is to provide a concise understanding of PCOS, including its causes, symptoms, diagnostic criteria, health risks, and management strategies for better awareness and early intervention.

This report is based on secondary data collected from standard textbooks, medical journals, and clinical guidelines. The information obtained was analyzed and summarized to present key aspects of PCOS in a clear and structured format.

PCOS is a multifactorial disorder influenced by genetic, hormonal, and environmental factors. A major feature is hyperandrogenism, which leads to acne, excessive hair growth, and menstrual irregularities. Insulin resistance is also common, resulting in increased insulin levels that worsen hormonal imbalance. Diagnosis is generally based on the presence of at least two criteria: irregular ovulation, elevated androgen levels, and polycystic ovaries observed on ultrasound. PCOS is associated with long-term risks such as type 2 diabetes, cardiovascular diseases, obesity, and psychological issues like anxiety and depression. Management includes lifestyle modifications such as healthy diet, regular exercise, and weight control, along with medications like hormonal contraceptives and metformin.

PCOS is a complex and chronic condition that affects multiple systems of the body. Early diagnosis and proper management through lifestyle changes and medical treatment are essential to reduce complications and improve quality of life.