



NAVIGATING
PCOS



LOTUS
hormone and wellness center

Hello



At Lotus Hormone and Wellness Center, we understand how confusing and challenging it can be to navigate a PCOS diagnosis.

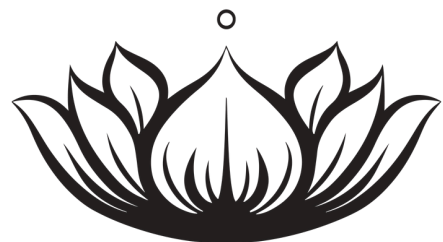
PCOS (Polycystic Ovary Syndrome) can be an incredibly challenging and often misunderstood condition. For many women, navigating a diagnosis of PCOS involves years of frustration and dismissal of their symptoms by healthcare providers. PCOS can stem from various causes, including hormonal imbalances, insulin resistance, and inflammatory factors, affecting many aspects of a woman's health and well-being.

Our holistic approach focuses on uncovering the root causes of PCOS and providing effective, individualized treatment options to manage and alleviate its symptoms. We understand the emotional and physical toll that PCOS can take and are committed to supporting you through every step of your journey to better health.

As a clinician dedicated to holistic health, I have witnessed the profound impact that a comprehensive approach to managing PCOS can have on my patients' quality of life. This guide delves into the myths, tips, and treatment options available for PCOS, including holistic and integrative therapies that address the root causes of the condition.

If you're ready to understand more about PCOS and explore effective strategies to manage its symptoms, I invite you to read on. We're here to help you take the step towards managing and thriving with PCOS.

Somer Schreiber-Small, FNP-C





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ROOT CAUSES OF PCOS

Hormonal Imbalance: Women with PCOS often have elevated levels of androgens (male hormones such as testosterone), insulin resistance, and an imbalanced LH/FSH ratio. These imbalances can interfere with the development of ovarian follicles, leading to the formation of cysts.

Insulin Resistance: Insulin resistance leads to hyperinsulinemia (high insulin levels), which is a key factor in the development of PCOS. Elevated insulin levels can stimulate the ovaries to produce more androgens, worsening hormonal imbalance.

Inflammation: Chronic low-grade inflammation is common in women with PCOS. Elevated inflammatory markers can contribute to insulin resistance and cardiovascular disease.

Genetics and Environmental Factors: PCOS often runs in families and can be influenced by lifestyle factors, including diet, physical activity, and exposure to endocrine-disrupting chemicals.

PCOS SYMPTOMS EXPLAINED



Irregular Periods

PCOS can cause a lack of ovulation and it can change how often you get your period

Fatigue, Tiredness

A leading symptom of PCOS may be caused from an underactive thyroid, low vitamin B12 or vitamin D levels, and anemia (low blood count).

Weight Gain

PCOS actually makes it more difficult for your body to use the insulin hormone, which helps your body convert sugars and starches from food to energy. This issue exacerbates weight gain in many women with PCOS.

Hirsutism

Women with hormonal imbalances such as PCOS will often grow excess body hair - including legs, arms, underarms, chest, belly, fingers, toes and even back - caused by an increase in hormones called androgens

Acne & Other Skin Changes

Everyone gets pimples, so it can be hard to diagnose PCOS. However, persistent acne, especially that appearing in areas such as chin can be a signal of hormone imbalance.

Infertility

This is a common reason that women find out they have PCOS. After struggling to conceive, many women are tested and discover a PCOS diagnosis.

Mood Changes

PCOS increases the likelihood of mood swings, depression, and anxiety. It could be from tiredness due to lack of sleep and/or imbalance of hormones

Sleep Disorders

High androgen levels, low estrogen levels, and increased visceral fat (fat stored in the abdominal cavity) can potentially contribute to sleep disorders. Issues with sleep contribute to many issues relating to cortisol in women with PCOS.

Headaches

Hormonal changes can trigger headaches, and in particular, migraine headaches. Many women with PCOS report consistent symptoms of headaches.

Thinning Hair

Women with PCOS can start to lose their hair in a similar pattern to men, with bald patches and receding along hairline.



PCOS

Myths

Myth: PCOS only affects overweight women.

Reality: PCOS can affect women of all body types. While weight gain is a common symptom, many women with PCOS are of normal weight or lean.

Myth: Birth control is the only treatment for PCOS.

Reality: While hormonal birth control can manage some symptoms, there are various holistic and integrative treatments that address the root causes of PCOS.

Myth: Having PCOS means you can't get pregnant.

Reality: Many women with PCOS can conceive with appropriate treatment and lifestyle changes.

Myth: PCOS symptoms are the same for everyone.

Reality: PCOS manifests differently in each individual. While some women may experience irregular periods and excessive hair growth, others might struggle with weight gain or acne. The variety in symptoms means that each woman's experience with PCOS is unique, requiring personalized treatment approaches.



I'VE HAD SO MANY PATIENTS COME TO ME AFRAID AND OVERWHELMED OVER THEIR PCOS DIAGNOSIS. FOR MANY WOMEN, THEY ARE FINDING THIS OUT AFTER YEARS OF MISDIAGNOSIS AND FRUSTRATION. IT IS MY GOAL AND PRIORITY TO HELP THESE WOMEN NAVIGATE THIS DIAGNOSIS AND GET A SENSE OF CONFIDENCE & PURPOSE BACK IN THEIR LIFE.

Somer Schreiber-Small, FNP-C



INTEGRATIVE TREATMENTS FOR PCOS

Improving Insulin Resistance

- Inositol: Enhances insulin sensitivity and reduces symptoms of PCOS.
- Alpha-Lipoic Acid: Improves insulin sensitivity and reduces inflammation.
- Chromium: Regulates blood sugar levels.
- Berberine: Improves insulin sensitivity, reduces glucose levels, and supports weight loss.
- Metformin: Manages insulin resistance and lowers blood glucose levels.

Reducing Androgenic Effects

- Saw Palmetto: Reduces conversion of testosterone to DHT, reducing androgenic effects.
- Spearmint Tea: Lowers androgen levels and improves symptoms like hirsutism.
- Zinc: Balances hormones and reduces androgen levels.
- Spironolactone: Blocks androgen receptors, improving symptoms like acne and hirsutism.

Lifestyle Changes

- Diet: A balanced diet low in refined sugars and high in fiber can help manage insulin resistance and overall health.
- Exercise: Regular physical activity improves insulin sensitivity and helps with weight management.
- Stress Management: Practices like yoga, meditation, and deep-breathing exercises help balance hormones and reduce inflammation.



Should you schedule a consultation?

SYMPTOMS

YES

NO

IRREGULAR MENSTRUAL PERIODS

EXCESSIVE HAIR GROWTH ON FACE OR BODY

HAIR LOSS

CONCERNS WITH MOOD

CONCERNS ABOUT FERTILITY

DIFFICULTY LOSING WEIGHT

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What do I do next?

Five steps that you can take **today** to work towards improving your health with PCOS

1

ADJUST YOUR DIET

Include more nutrient-rich foods including lean proteins, omega-3s, nutrient-dense vegetables. Avoid processed foods!

2

STAY HYDRATED

Aim for at least 8-10 glasses of water a day to keep promote good health, reduce inflammation and support your body's function.

3

MANAGE STRESS

Managing your cortisol levels and stress is an essential part of managing your PCOS symptoms. Reduce stressful factors in your life and focus on mindful habits.

4

LIMIT TOXINS IN YOUR ENVIRONMENT

Avoid endocrine disrupting chemicals and products. Reduce the intake of processed foods, alcohol, and quit smoking to reduce inflammation and promote good health.

5

BOOK YOUR APPOINTMENT

Book an appointment with us today for a personal PCOS consultation and taking the next step towards balanced health!



WHAT DO

WE OFFER?



**BIOIDENTICAL
HORMONE THERAPY**



PCOS TREATMENT



VITAMIN THERAPY



**FUNCTIONAL
MEDICINE**



**MEDICAL WEIGHT
LOSS**



**GUT HEALTH/ROOT
CAUSE MEDICINE**

... & SO MUCH MORE!



MAKE AN APPOINTMENT TODAY!



CALL 707-404-3731 TO SCHEDULE

