

PCOS or Polycystic Ovary Syndrome

Polycystic Ovary Syndrome or PCOS affects an estimated 10% of women and can have a big impact on fertility.

WHAT IS PCOS?

Polycystic Ovary Syndrome is a condition that affects about 10% of women to some degree. Essentially PCOS is an upset in your hormones that affects your ovaries. It can lead to irregular periods and difficulty becoming pregnant as well as weight gain, acne and excess hair on your face and body.

Losing weight can really help to manage PCOS and a Low GI diet also helps. Women with PCOS often complain of irresistible food cravings, lack of energy and mood swings which can make it much harder to manage diet and weight loss.

WHAT ARE THE SYMPTOMS OF PCOS?

Symptoms of PCOS include being overweight, especially with fat around your waist, irregular periods, acne and excess facial hair. Mood swings, poor sleeping and poor memory are also common. Some women can have all symptoms or just a few.

If you suspect you have PCOS always check with your doctor for a diagnosis before you begin any diet or other treatment.

WHAT IS THE TREATMENT FOR PCOS?

Diet is a recognised treatment for PCOS and can help to deal with the weight gain associated with PCOS as well as helping to balance the menstrual cycle.

It can take some time for treatment to have an effect, so the earlier you start to look after PCOS the better when it comes to fertility.

FINDING IT HARD TO GET PREGNANT?

Problems with fertility can have many causes and it is always best to start with your GP for a referral to a Consultant with expertise in this area.



One cause of fertility problems is diet. Many people miss out on some of the key nutrients needed for conception and problems such as being overweight or underweight or following a special diet – like coeliac, vegan or vegetarian – can also have an effect.

A dietary assessment will be able to highlight any areas of concern and give you simple, clear advice on making sure you are giving your body everything it needs to help you conceive.

For further information on this topic, please read our factsheet Fertility, Conception & Nutrition.

CAN SEEING A DIETITIAN HELP WITH PCOS?

We will support you in making the changes you need to manage your PCOS. We can give you the detailed advice you need to follow a successful low GI diet as well as manage food cravings and other aspects of weight control.

Learn about how to manage your PCOS to help regulate your periods, improve fertility, manage your weight and just feel more energetic.

If you would like to make an appointment for a PCOS consultation you can contact the **Albany Clinic** on **01 6612222**. If you have any questions you can contact **Sarah Keogh** at **info@eatwell.ie**.

