

Polycystic Ovary Syndrome (PCOS)

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Polycystic ovary syndrome (PCOS) is a condition among women of reproductive age characterized by irregular menstruation (either prolonged or infrequent), high levels of androgens, and enlarged ovaries as they contain follicles which surround the eggs. Since there is an imbalance of reproductive hormones, the menstruation cycle and fertility are affected. The exact cause of this hormonal disorder is not yet identified but the risk factors include heredity, low-grade inflammation, and excessive insulin. The complications include infertility, miscarriage, type 2 diabetes, sleep apnea, depression, and endometrial cancer.

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