



POLYCYSTIC OVARIAN DISEASE

Nursing

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KEYWORDS

Polycystic ovarian disease (PCOD) or polycystic ovarian syndrome (PCOS) is a syndrome that has taken modern world by storm. *Polycystic ovarian disease or syndrome is a very common disease heard in today's younger generation.* It is a must that young girls understand this disease at an early stage as well as its causes and future implications. It is a hormonal disorder with:

- **Imbalance of the two female hormones estrogen and progesterone with estrogen taking the upper hand – menstrual irregularities, infertility, increased risk of endometrial (inner lining of the uterus) and breast cancer**
- **Insulin resistance - obesity**
- **Excess of testosterone - causing acne and hair growth**

World Health Organization (WHO) estimates that PCOS has affected 116 million women (3.4%) worldwide in 2012 [1]. Globally, prevalence estimates of PCOS are highly variable, ranging from 2.2% to as high as 26%. In India, experts claim 10% of the women to be affected by PCOS and yet no proper published statistical data on the prevalence of PCOS in India is available.

Polycystic ovary syndrome (PCOS) is currently known to be a genetically complex endocrine disorder of uncertain aetiology with a complicated pathophysiology. Until now, the diagnostic criteria for PCOS have been offered by three groups (Fig.1): the National Institutes of Health/National Institute of Child Health and Human Disease (NIH/NICHD) [2], the European Society for Human Reproduction and Embryology/American Society for Reproductive Medicine (ESHRE/ASRM) or the 'Rotterdam Criteria' [3]; and the Androgen Excess and PCOS Society [4]. Consideration of different endocrine or clinical criterion for each diagnosis of PCOS can influence the incidence and prevalence rate estimation of PCOS, thereby masking the gravity of the problem [5].

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