

**SPECIAL LECTURE
ON
POLYCYSTIC OVARY SYNDROME (PCOS)**

Date : 07.09.2017

Venue : Mu.Va Hall Annexure Building
Madurai Kamaraj University

No. of Beneficiaries : 65

Women's Studies Centre organized a special lecture on Polycystic Ovary Syndrome (PCOS) on 07.09.2017. Dr.R.Radhika Devi, Director i/c of Women's Studies Centre; Madurai Kamaraj University welcomed the gathering. In her welcome address she stated that giving awareness on PCOS problem for girl students would be useful and if they are affected they can take earlier precautions. PCOS is an extremely common disorder that occurs in 4% to 7% of women of reproductive age.

She introduced the chief guest Dr. Hema, M.D., D.G.O. and her experience on treating PCOS and stressed on the importance of taking preventive measures to students at the earlier stage itself. She also mentioned that the centre is planning to have more special lectures on health issues which would be helping improving women and girl's health.



The special Lecture was given by Dr. Hemalatha, M.D., D.G.O. Dr.Hemalatha in her lecture told many people especially girls and young women are affected by PCOS many are unaware that they are affected by PCOS. They come to know only after marriage, when they are unable to get pregnant. She explained Polycystic ovary syndrome (PCOS) is a disorder involving infrequent, irregular or prolonged menstrual periods, and often excess male hormone (androgen)

levels. The ovaries develop numerous small collections of fluid — called follicles and may fail to regularly release eggs.

She further mentioned that Signs and symptoms of PCOS often develop around the time of the first menstrual period during puberty. Sometimes PCOS develops later, for example, in response to substantial weight gain. A diagnosis of PCOS is made when you experience at least two of these signs: **Irregular periods.** Infrequent, irregular or prolonged menstrual cycles are the most common sign of PCOS. For example, you might have fewer than nine periods a year, more than 35 days between periods and abnormally heavy periods. **Excess androgen.** Elevated levels of male hormone may result in physical signs, such as excess facial and body hair (hirsutism), and occasionally severe acne and male-pattern baldness. **Polycystic ovaries.** Your ovaries might be enlarged and contain follicles that surround the eggs. As a result, the ovaries might fail to function regularly. PCOS signs and symptoms are typically more severe if you're obese.

The doctor specified that the factors that might play a role for PCOS include: **Excess insulin.** Insulin is the hormone produced in the pancreas that allows cells to use sugar, your body's primary energy supply. If your cells become resistant to the action of insulin, then your blood sugar levels can rise and your body might produce more insulin. Excess insulin might increase androgen production, causing difficulty with ovulation. **Low-grade inflammation:** This term is used to describe white blood cells' production of substances to fight infection. Research has shown that women with PCOS have a type of low-grade inflammation that stimulates polycystic ovaries to produce androgens, which can lead to heart and blood vessel problems. **Heredity-** Research suggests that certain genes might be linked to PCOS. **Excess androgen -** The ovaries produce abnormally high levels of androgen, resulting in hirsutism and acne.

She also stressed on complications of PCOS which include infertility , Gestational diabetes or pregnancy-induced high blood pressure ,Miscarriage or premature birth ,a severe liver inflammation caused by fat accumulation in the liver ;Metabolic syndrome — a cluster of conditions including high blood pressure, high blood sugar, and abnormal cholesterol or triglyceride levels that significantly increase your risk of cardiovascular disease ; Type 2 diabetes or prediabetes ;Sleep apnea; Depression, anxiety and eating disorders ; Abnormal

uterine bleeding ; Cancer of the uterine lining (endometrial cancer). Finally she told the students taking her of health is important from this stage. The food weou eat is important to your health. Today's youngsters are attracted more towards junk and fast foods which affect their health. Sleep is very much important to their health, cell phones and other modern gadgets take away their sleep time and it affects their Reproducing capacity. Health is our wealth and take care of our health.

The special lecture came to end successfully with the vote of thanks by Dr.C.Subbulakshmi, Assistant Professor, Women's Studies Centre, Madurai Kamaraj University. She stated that after her immense speech it seems to be clear cut approach of gaining a better understanding of PCOS causes symptoms and its impact to get treatment as soon as possible.