



PCOS

(Polycystic Ovarian Syndrome)

Remember

We are imperfect beings and each day is new and different. Some days it may be easier to follow the suggestions than others.

Be gentle with yourself.

Goal

Self compassion and kindness towards your body

Every body is different

There are a spectrum of symptoms and reactions

If any food or movement recommendations do not feel right for your body, trust that! It may be helpful to talk more about this with your dietitian.

WHAT IS IT?

A common endocrine disorder characterized by some or all of the following: high levels of androgens (testosterone and androstenedione), menstrual irregularities (missed, irregular and/or painful periods), disruption of normal ovulation, and enlarged ovaries with multiple cysts. Other common symptoms include acne, excessive or abnormal distribution of hair growth, hair loss, weight changes, infertility, trouble sleeping, mood disorders, and insulin resistance.

GENTLE NUTRITION SUGGESTIONS

follow as you are able to

- Consume regular meals and snacks to help maintain insulin levels, normalize hormone levels, and reduce inflammation. Include sources of carbohydrates, fat, and protein in meals and snacks
- Some people find that their bodies feel better with the addition of a little extra protein (without cutting out other food groups). Talk to your dietitian about incorporating protein into meals and snacks, and notice whether or not this works for you
- Explore ways of moving your body that you enjoy. Physical activity can help maintain insulin sensitivity and alleviate some symptoms

**If any of these suggestions are harmful to other aspects of your health, then do not engage in them*

OTHER RECOMMENDATIONS

- Give yourself time. It can take some trial and error to figure out what works best for you and your body, and to notice changes in symptoms
- PCOS can affect mental & emotional as well as physical health. Practice self-care, and allow yourself to rest
- Seek support from friends, family, online forums, support groups, etc. It can be helpful to connect with others who are experiencing something similar
- Check out <http://www.juliedillonrd.com/> if you are interested in additional HAES-informed PCOS resources and information



TOTAL HEALTH

Health is complex and is influenced by many factors.
Not all factors are within your control.
It is important to consider all of these factors, not just food and movement choices, when exploring ways to improve your health.



Psst..

It is not your fault for having this health condition!
Discuss causes and risk factors with your doctor or registered dietitian if you are interested.

References

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