

Module 8 Lesson 3

Transcript

Today's lesson is on PCOS, which stands for polycystic ovarian syndrome. Chances are you know someone or have heard of someone who has PCOS or have had a client with PCOS, maybe. Six to 10% of women in the U.S. or roughly 116 million childbearing age women have PCOS. Even though it's a fairly common condition, we still don't know the exact cause. But we do know that there are many factors that influence its development. You're more likely than not to have a client who deals with cystic ovaries, so we should talk about it. Specifically, today we're going to talk about signs and symptoms of PCOS, the connections between PCOS and risk for other diseases and how you can help clients with PCOS manage their symptoms. So let's get started.

PCOS is the leading cause of infertility in the U.S. and it's characterized by cystic ovaries. But the condition is not just linked to the ovaries and reproductive system, it's also linked to insulin resistance, endometrial cancer, cardiovascular disease and depression. With PCOS, we're going to see infrequent, irregular and heavy painful periods. Also there's an associated increase in the male hormone androgen, so women may experience excess facial and body hair or male pattern baldness and acne and finally ovaries that are enlarged with excess follicles. These symptoms are going to be worsened with obesity. We see that women with PCOS have increased insulin resistance and inflammation markers in their blood. It's more common with family history and we're concerned about PCOS because, we talked about some of these, but here's a list of things we need to be concerned about. Infertility, gestational diabetes, miscarriages and premature births, metabolic syndrome, type two diabetes, sleep apnea, depression, uterine bleeding, and endometrial cancers.

The good news is that diet is on the front line of PCOS management and treatment. Here is where you come in and can play a big role. So weight loss is indicated in overweight clients with PCOS. We see a great reduction in pain and symptoms with progressive weight loss. Three diets have been studied and shown positive benefits for reducing PCOS symptoms. They are a low-glycemic diet, consuming foods that slow the insulin response, an anti-inflammatory diet, eating foods that mitigate inflammation such as of course veggies and whole grains, and the DASH diet. Most nutritious life styled meal plans are going to incorporate part of all of these. They're going to be low-glycemic, anti-inflammatory and incorporate a lot of the principles of the DASH diet. Also Mediterranean too. All of these three diets have their benefits and you don't have to follow one as gospel.

As you're making food recommendations for your clients and managing their PCLOS, regardless of what type of plan or food approach you choose that may work best for them and their

individual needs. You want to make sure you incorporate the following principles. Whole foods that are minimally processed, high fiber foods such as vegetables and whole grain starches, fatty fish that are loaded with those good Omega three fatty acids including salmon and sardines and mackerel, dark green, leafy veggies, and I recommend at least two cups of veggies a day by the way. They can be kale, spinach, arugula, collards, or whatever your client prefers. Dark red fruits such as red grapes, blueberries, blackberries and cherries for [Fido] nutrients and antioxidants, cruciferous veggies like broccoli and cauliflower, beans, lentils, and other legumes that are plant-based high quality protein sources, full of fiber. Healthful fats such as olive oil, avocados, chia, nuts, flax and seeds, all nuts including pine nuts, walnuts, almonds and pistachios. Maybe a little dark chocolate or cacao powder as well as healing spices like ginger, garlic, tumeric and cinnamon.

Really, there are no new things to avoid here that I haven't discussed before, but I do caution to limit processed and refined foods, of course. Refined sugar, saturated fat, and of course excessive alcohol and smoking or vaping should go without saying. If you have clients who come to you with cystic ovaries who are also on diabetes medications like Metformin, add to your plan that they follow up with their endocrinologist as advise and take their medications as prescribed. So you can really manage their symptoms from all angles. I told you at the beginning of this lesson that we don't know the cause of PCOS and unfortunately we also don't have a cure. We do see and research supports though that diet combined with exercise can reduce and reverse symptoms of insulin resistance, male pattern baldness, irregular periods, and cholesterol and lipid related issues.

Okay, so let's recap what we've discussed here. PCOS is characterized by cystic ovaries and is linked to insulin resistance, endometrial cancer, cardiovascular disease and depression. Signs and symptoms of PCOS include infrequent, irregular and heavy painful periods, excess facial and body hair or male pattern baldness, acne and enlarged ovaries with excess follicles. A low-glycemic diet, an anti-inflammatory diet and the DASH diet have all been shown to help people with PCOS manage their symptoms. Work with your clients, support your clients to make sure they are eating fresh vegetables and fruit, especially dark leafy greens, cruciferous veggies and dark red fruits, fatty fish, beans and legumes, nuts and foods high in antioxidants. While making sure to avoid those processed foods high in refined sugar and saturated fats. I cannot wait to see you in the next lesson.