

# Polycystic Ovarian Syndrome

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## BEYOND PAIN PILLS AND ANTIDEPRESSANTS: THE NUTRITIONAL APPROACH TO PAIN AND MOOD ISSUES FOR WOMEN WITH PCOS

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**W**omen with PCOS generally have more emotional suffering and physical pain than does the average woman. They have more anxiety and depression, more arthritis and tendinitis, more headaches, and more irritable bowel syndrome. This presentation will discuss the issues of pain and mood disorder in women with PCOS, and how they are closely linked and are greatly related to both the nutritional status and the endemic inflammation of the gut in women with PCOS. The evolving world of "nutritional psychiatry" recognizes that the brain is intricately linked to gut health and that gut inflammation, and the resultant impaired gut barrier (leaky gut), results in systemic endotoxemia and consequently more mood disorders and hypersensitivity to pain

stimuli. Women with PCOS are greatly impacted by various pain syndromes and anxiety. Women generally have heightened pain sensitivity and develop significantly more mood disorders than do men, which relates to the role of estrogen in both gut and brain wellbeing. Women with PCOS generally are more inflamed and have more gut dysbiosis. This presentation will bring all bodily systems together into a clear and cohesive focus, centered upon hormonal balance and the detection of nutritional deficiencies and gut dysbiosis, factors which lie at the center of mood disorders and chronic pain for women with PCOS.

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