

Polycystic Ovarian Syndrome

June 07-08, 2018
London, UK

J Clin Mol Endocrinol 2018, Volume 3
DOI: 10.21767/2572-5432-C1-003

PCOS AND OBESITY: OVERWEIGHT BUT NOT OUT OF SHAPE

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People look at you they instantly judge you; fat, skinny, attractive, unattractive, lazy, fit, active, tidy, scruffy, groomed, sloppy; it is human nature to judge a book by its cover. I know my friends know me well enough to know that regardless of what the outside shows, I am active and outgoing, and I eat pretty cleanly. But what about strangers? What about the person I have to squeeze past on the tube, or the bus driver who sees me walking up and assumes I won't run to catch it? I spent years with private trainers, in the gym, trying to manage my food choices. I am no hard core, gym-going, meal-prepping machine, but I am pretty good most of the time. My weight never reflected how I was eating. I came to terms with my weight a long time ago. The way I saw it was, if the worst aspect of my life was my weight, I have nothing to complain about! But in

society, this doesn't seem to be acceptable. How could I possibly be ok with being so overweight, which in today's culture makes me automatically unattractive? Day to day most people don't bother you, you get the odd comments on a night out or notice people saying something to friends when you walk by, but it was my family who put the most pressure on me. My brothers used it against me in verbal fights to hurt me, and my parents made an issue about it regularly. When you are eating well and working out, you feel healthy. Yes, I was carrying additional weight, but I was in good health. Convincing others is a battle, but I eventually just stopped caring about defending myself, I knew how I felt and I was ok with that.

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