

PCOS (POLYCYSTIC OVARY SYNDROME) CLINICAL NUTRITION

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Abstract

Polycystic Ovary Syndrome (PCOS) Is A Common Endocrine Disorder In Reproductive-Aged Women, Which Leads To Reproductive, Metabolic And Hormonal Abnormalities, Androgen Excess, Ovulatory Dysfunction, Polycystic Ovaries, Obesity, Adipose Tissue Dysfunction, Difficulty To Conceive And High-Risk Pregnancy Are The Most Common Pcos-Associated Complications. Cos Increases The Risk Of Chronic Diseases Like Type 2 Diabetes, Hypertension, Lipid Disorders, Cardiovascular Diseases And Malignancies Such As Breast And Endometrial Cancer. The Aim Of This Review Describes Environmental Factors Such As Dietary Habits Play An Important Role In Prevention And Treatment And Lifestyle Modifications Are The Most Important Therapeutic Strategies In These Patients. The Approach Of The Diet Therapy In These Patients Must Be To Reach Specific Goals Such As Improving Insulin Resistance, Metabolic And Reproductive Functions That Will Be Possible Through The Design Of Low-Calorie Diet To Achieve Weight Loss Or Maintaining A Healthy Weight, Limit The Intake Of Simple Sugars And Refined Carbohydrates And Intake Foods With A Low Glycemic Index, Reduction Of Saturated And Trans Fatty Acids And Attention To Possible Deficiencies Such As Vitamin D, And Omega-3.

Keywords:

Nutrition, Meal Frequency, Dietary Strategies, Lifestyle Modification

Professional Bibliography:

Afifah Zahra Completed Masters In The Field Of (Home Eco Food & Nutrition) At The Age Of 24 Years From Gift University Gujranwala, Pakistan & Then Start Clinical Nutritionist Job At Lifeline Hospital Gujranwala, Pakistan & The Co-Founder Of Diet By Afifah.

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