



PCOS SUCCESS:

**WHAT
ACTUALLY IS
PCOS?**

“Polycystic Ovarian Syndrome (PCOS) is a complex endocrine & metabolic condition”

Androgens

The Ovaries produce roughly:

→25% of the Testosterone →50% of the Androstenedione → 20% of the DHEA (not DHEA-s)

The female Adrenals produce roughly:

→25% of the Testosterone →50% of the Androstenedione →80% of the DHEA
→100% of the DHEA-s

The other 50% of Testosterone in women is made in adipose tissue via androstenedione conversion

Diagnosis...

To be diagnosed with PCOS, you must present with 2 out of the 3 following criteria

- 1. The appearance of 'polycystic' ovaries on an ultrasound**
- 2. Symptoms or blood work that shows elevated androgens ('male' hormones)**
- 3. Irregular or absent menstrual cycles**

What Happens in PCOS?

‘Stuck in puberty’

Androgens interfere with ovulation

Not just a ‘hormone’ condition

The Underlying Drivers...

INSULIN RESISTANCE

INFLAMMATION

CHRONIC STRESS

Health risks...

Infertility

Type 2 diabetes

Metabolic syndrome

Cardiovascular disease

Endometrial cancer

The BENEFITS of PCOS?!

WARRIOR WOMEN



**IMPROVED
FERTILITY OVER 35**

