

Tips For Keeping Your PCOS Healthy

- **Healthy Diet:** Adopt a balanced and nutritious diet. Focus on whole foods, fruits, vegetables, lean proteins, and whole grains. Limit refined carbohydrates and sugars, as they can contribute to insulin resistance.
- **Regular Exercise:** Engage in regular physical activity. Exercise helps improve insulin sensitivity, manage weight, and reduce symptoms of PCOS. Aim for at least 150 minutes of moderate-intensity aerobic exercise per week.
- **Weight Management:** Maintain a healthy weight. Even a modest weight loss can help improve insulin sensitivity and regulate menstrual cycles. Consult with a healthcare provider or a registered dietitian for personalized weight management guidance.
- **Medications:** Work with your healthcare provider to determine if medications are necessary. Common medications for PCOS include birth control pills to regulate menstrual cycles and anti-androgen medications to manage symptoms like acne and hirsutism.
- **Insulin-Sensitizing Medications:** Some individuals with PCOS may benefit from insulin-sensitizing medications, such as metformin. These medications can help manage insulin resistance.
- **Stress Management:** Practice stress-reducing techniques such as deep breathing, meditation, yoga, or mindfulness. Stress management is important for overall well-being.
- **Individualized Treatment Plan:** PCOS is a complex condition, and the optimal treatment plan may vary among individuals. Work with your healthcare provider to develop an individualized plan tailored to your specific needs.