

Can PCOS be cured ?

There is no cure for PCOS, but treatments can improve symptoms.



Some symptoms of PCOS can be reduced through lifestyle changes.



Eating a healthy diet and getting enough exercise can help reduce weight and reduce the risk of type 2 diabetes.

Women with PCOS have been shown to be deficient in some key vitamins and minerals, many of which affect fertility and insulin resistance.

Therefore, vitamin or mineral supplements can exert beneficial effects on PCOS-related symptoms.



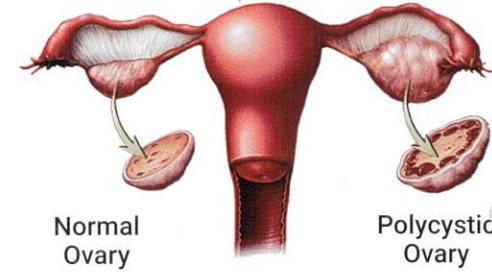
Manage PCOS with Healthy Lifestyle and Balanced Diet of Vitamins and Minerals



Lifestyle modification needs to be stressed in the treatment of infertility. A 3 to 6 month trial of aggressive lifestyle modification may be a prudent first step in PCOS management. Opting for healthy fats, lean proteins, whole grains, and plenty of fresh fruits and vegetables may help reduce the risk of PCOS or manage its symptoms. Meanwhile, it is best to avoid highly processed foods and those containing high levels of fat, added sugar, and salt.

Fight Back

Polycystic Ovary Syndrome



ASK YOUR DOCTOR TO KNOW MORE ABOUT PCOS

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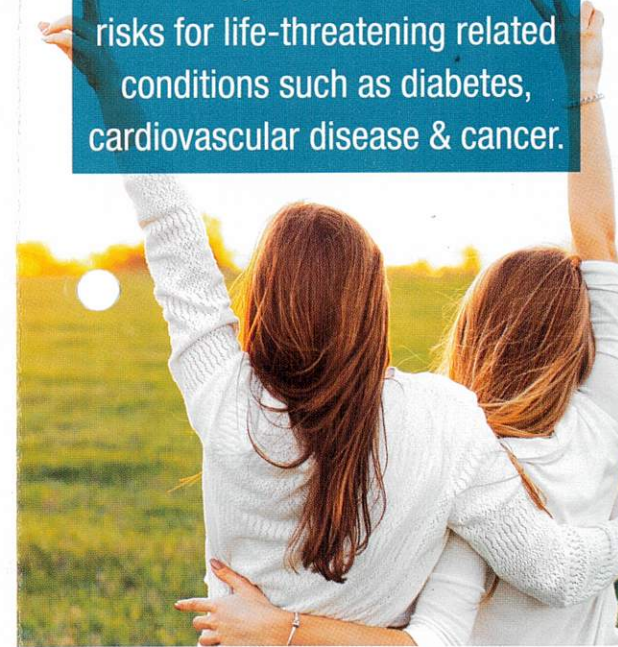
Meyer Organics Pvt. Ltd.
(A Group Company of Vitabiotics UK)
Office : A-303, Road no. 32, Wagle Ind. Estate,
Thane (West) - 400 604, Maharashtra (INDIA)
www.meyer.co.in



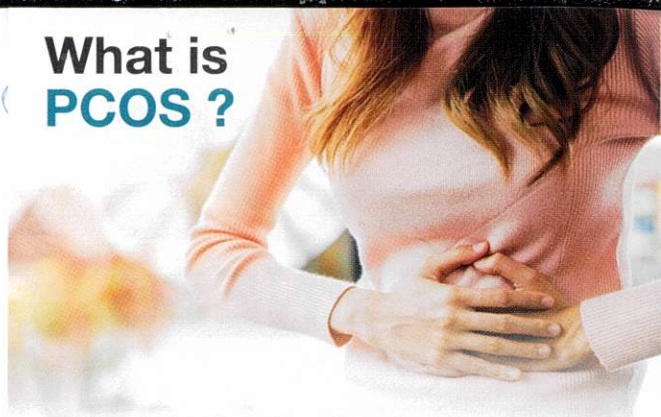
PCOS AWARENESS

You are not alone in this!!

PCOS awareness month is observed to help improve the lives of those affected by PCOS & to help overcome the symptoms as well as prevent & reduce their risks for life-threatening related conditions such as diabetes, cardiovascular disease & cancer.

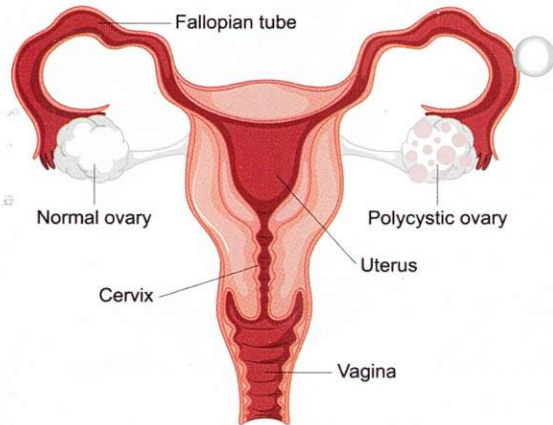


What is PCOS ?



Polycystic Ovarian Syndrome, is a common health problem caused by an imbalance of reproductive hormones which affects the ovaries. With PCOS, the egg may not develop in ovaries or it may not be released **during ovulation**.

'**Polycystic**' literally translates as '**many cysts**'. This refers to the many partially formed follicles on the ovaries, which each contain an egg. These rarely grow to maturity or **produce eggs that can be fertilised**.



Who can get affected with PCOS ?

PCOS can be affected to **women between age of 15 and 44**, or during reproductive years.

Most women find out they have PCOS in their **20s and 30s**, when they have problems getting pregnant and see their doctor. But **PCOS** can happen at any **age after puberty**.

What are the causes of PCOS?

The exact cause of PCOS is not known.

- High levels of androgen
- OR
- High levels of insulin
- OR
- Low levels of progesterone



PCOS Symptoms Every Woman Should Know !!

Heavy, long, intermittent, unpredictable or absent periods



Infertility

Weight gain, especially around the belly



Excessive hair on the face or body

Acne or oily skin



Baldness or hair thinning

Diagnosis of PCOS ?



Polycystic ovary syndrome is diagnosed by the presence of the following:

1. High androgens levels which can be seen as unwanted facial or bodily hair, acne.
2. Irregular or absent menstrual periods
3. Polycystic ovaries on an ultrasound scan.



Blood tests can be used to identify characteristic changes in hormone levels





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- ISO Certified Permanently Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur (M.S.)

Founder :- Late Shri Dadasaheb alias Vitthalrao C. Balpande

President :- Shri. Manoj V. Balpande

Principal :- Dr. Ujwala N. Mahajan

Program/ Celebration Report

Name of the Program Conducted: Awareness Program on “ Polycystic Ovary Syndrome (PCOS).”

Date: September 30, 2023

Relevance Occasion: Awareness Program on “ Polycystic Ovary Syndrome (PCOS).” Dadasaheb Balpande College of Pharmacy (DBCOP), organized an “Awareness Program on Polycystic Ovary Syndrome (PCOS)” for B.Pharm, M.Pharm Girls students and Ladies Faculties. Polycystic Ovary Syndrome (PCOS) is a common hormonal disorder affecting millions of women worldwide. It can have significant physical and emotional consequences. To raise awareness about PCOS and its management, an Awareness Program was organized on September 30, 2023, at Dadasaheb Balpande College of Pharmacy. Dr. Aditi Gulhane, a renowned Gynaecologist, Obstratician & Cosmetic Gynaecologist, led the program in collaboration with Meyer Organic Pvt. Ltd. Dr. Aditi Gulhane delivered the opening address, emphasizing the importance of PCOS awareness. She delivered a comprehensive presentation on PCOS, covering its causes, symptoms, and long-term health effects. She discussed various diagnostic methods and treatment options available to manage PCOS. Participants actively participated and gained practical insights into managing PCOS. Meyer Organic Pvt. Ltd. showcased their PCOS management products and supplements. A representative from the company explained the benefits and usage of their products.

- **Venue:** Dadasaheb Balpande College of Pharmacy, Besa, Nagpur

- **Relevance to Po's:** II, III, IV, XI

- **Objectives:** The Awareness Program on PCOS achieved several positive outcomes:

1. **Increased Awareness:** Participants gained a better understanding of PCOS, its causes, and the importance of early diagnosis.

2. **Education:** Attendees were educated about various treatment options and lifestyle changes to manage PCOS effectively.
3. **Community Building:** The program brought together individuals with PCOS, creating a supportive community where they could share experiences and insights.

Beneficiary: All the B.Pharm of M.Pharm girls and all DBCOP ladies faculties.

Program Organising Committee: DBCOP Women Development Cell

Attachments needed:

1. Program celebration report
2. Photographs

Coordinator

DBCOP Women Development Cell

Ms. Ruchi Shivhare



Principal

Dr. U.N. Mahajan

PRINCIPAL
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OF PHARMACY, BESA, NAGPUR - 37



Ref.No.:- DBCOP/Notice/2023

Date: - 29th Sept 2023

Notice

All the students of B. Pharm. & M. Pharm. Final year (Girls) & Ladies Faculty are hereby informed that, awareness program on “**Polycystic Ovary Syndrome (PCOS)**” is organized in association with Meyer Organics Pvt. Ltd. on 30th September 2023 at 2:00 pm. at seminar hall.



Mahajan

Principal

Dr (Mrs.) Ujwala N. Mahajan
PRINCIPAL

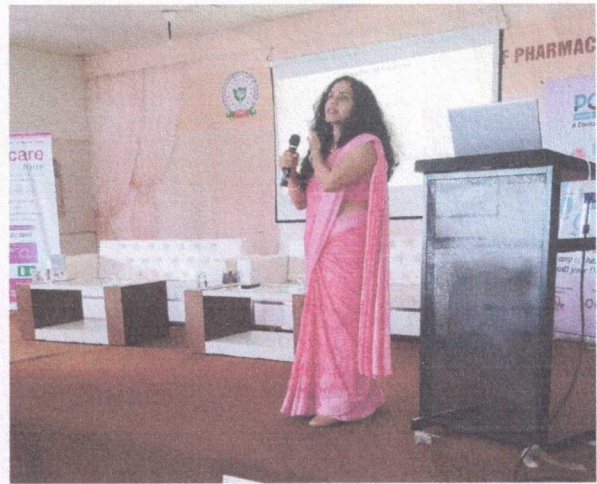
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Copy to: Academic In charge/Admin. Office

ADMIN/NOTICE/2023-24



Awareness Program on Polycystic Ovary Syndrome (PCOS)
Date : 30th Sept 2023



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