

PCOD Management Guide - SHIUSH Clinics

What is PCOD?

Polycystic Ovarian Disease (PCOD) is a hormonal disorder where the ovaries produce higher-than-normal amounts of androgens. This leads to irregular periods, acne, weight gain, and sometimes, difficulties in conceiving.

Key Symptoms

- Irregular or missed periods
- Acne or oily skin
- Weight gain, especially around the abdomen
- Excess hair growth (hirsutism)
- Difficulty getting pregnant

Causes & Risk Factors

- Hormonal imbalance (increased androgens)
- Insulin resistance
- Inflammation
- Genetics
- Obesity or unhealthy lifestyle

Lifestyle Modifications

- Eat a balanced diet rich in vegetables, fruits, lean proteins, and whole grains
- Exercise regularly (30-45 minutes per day)
- Avoid processed and sugary foods
- Maintain a healthy sleep schedule
- Reduce stress through yoga or meditation

Ovulation & Calendar Method for Conception

Ovulation typically occurs around 14 days before your next period. Women with PCOD may have irregular

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cycles, but tracking via a calendar or ovulation kits can help.

How to Track:

1. Record periods for 3 months.
2. Identify the average cycle length.
3. Subtract 14 from the cycle length - this is your approximate ovulation day.
4. Plan intercourse in the 4-5 day window leading up to and including ovulation.

Use ovulation tracking apps for better accuracy.

Medical Treatment Options

- Hormonal pills to regulate periods
- Insulin-sensitizing agents like metformin
- Ovulation induction medications (for fertility)
- Cosmetic treatments for acne/hair growth

Emotional Support & Counseling

PCOD can affect mental health. Speak to your doctor about counseling or therapy. SHIUSH Clinics offers empathetic support and practical advice.

Contact SHIUSH Clinics

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Visit www.shiush-clinics.netlify.app for appointments and resources.