

## PCOS is a lifestyle disorder

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**Cosmetic problems of Polycystic Ovary Syndrome (PCOS) is leading to depression and lack of confidence in young girls affected by this hormonal disorder.**



Among the many lifestyle disorders that are prevalent today, PCOS is one of the reasons for a lot of stress among the youngsters. Renowned aesthetic dermatologist Dr. Sadhana Deshmukh talks about her concern on how PCOS has become so common in her routine practice-

Today, every woman is leading a stressful and competitive lifestyle. 6 out of 10 women show PCOS symptoms when they

walk in to skin clinic for various skin issues. The causes of skin related symptoms are often due to an imbalance in androgen hormones, male sex hormones testosterone, along with an underlying Insulin resistance. It is a lifestyle disorder where lack of exercise and disciplined food habits are major contributing factors for PCOS.

Top 5 clinical skin clues to recognize PCOS and treatment of these may improve patient's quality of life and psychologic well-being :

1) Hirsutism : Women, with male pattern of excessive hair growth on face, chest, stomach & inner thighs can be extremely distressing and disturbing. We can offer soprano Hair-free pain-free 810-nm diode laser hair reduction with a patented DualChill treatment tip & unique, IN-Motion technology ensuring that the surface of your skin stays cool and comfortable. The sessions are done once in 30-60 days. And it takes 12 to 15 turns to convert the thick terminal hair in to soft baby hair or permanent reduction.

2) Acne vulgaris: Nodules like scarring pimples can be treated with some oral medicines and applications. Salicylic-Glycolic combination peels, retinol peels, Laser resurfacing can be of great help for these patients.

3) Androgenetic alopecia hair loss and baldness: PRP Platelet rich plasma treatment helps a lot in this regard.

4) Acanthosis nigricans : dark velvety skin patches on neck underarms, face (undereyes, forehead,around lips) inner thighs. Helios Q switch Ndyag laser will be very helpful in its treatment.

5)The effects of androgen on sweat gland units can cause oily follicular patchy uneven skin with pigmentation around the mouth and under eye skin.

Silent PCOS : These women typically do not have any symptoms. Their periods are regular, they are not obese and blood levels of hormones and ultrasound are normal, but only one of the skin manifestations are present.

The main mantra to deal with PCOS is lifestyle change and leading a disciplined and healthy lifestyle every single day. Only a strict diet regime, daily exercise and some skincare treatments can make a difference.