



# PCOS For Dummies

*Gaynor Bussell, Sharon Perkins*

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**PCOS For Dummies** Gaynor Bussell, Sharon Perkins

**Practical advice and information for living with Polycystic Ovarian Syndrome**

Polycystic Ovary Syndrome (PCOS) is a condition in which there is an imbalance of a woman's female sex hormones, and affects an estimated 10% of all women. This hormone imbalance may cause changes in the menstrual cycle, acne, small cysts in the ovaries, difficulty conceiving, high blood pressure, and other problems. It is treatable, but not curable, and sufferers have to rely on themselves for the long-term management of their condition. If you're living with PCOS, this guide gives you the latest information concerning treatments and research into Polycystic Ovarian Syndrome.

*PCOS For Dummies* gives you a practical, plain-English guide to living with and managing Polycystic Ovarian Syndrome. In addition to providing valuable information concerning the causes and symptoms of Polycystic Ovarian Syndrome, *PCOS For Dummies* gives you the facts about the various treatment options that are available, including both traditional medical treatments and alternative therapies.

- Discusses the causes and symptoms of PCOS
- Advice for dealing with this disorder
- Covers the treatments and medicine available in the United States

*PCOS For Dummies* is an invaluable resource for the millions who are suffering from this condition.

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