

GYNAECOLOGY

PCOS Lifestyle Handbook

Cycles, metabolic health, skin symptoms and fertility

Original patient handbook | Evidence-aligned educational content

Prepared for patients of

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Important: This handbook provides general information. It cannot diagnose a condition, recommend individual treatment or replace emergency assessment.

How to use this handbook

Use this guide to prepare questions and recognise situations that need medical attention. Your clinician may advise differently based on your history, examination, test results and local clinical protocols.

Three principles

1. Keep scheduled follow-up.
2. Bring complete records.
3. Seek urgent care for warning symptoms.

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1. PCOS is a whole-health condition

- PCOS may affect menstrual cycles, androgen-related symptoms, fertility and metabolic health. Symptoms and priorities differ widely.
- An ultrasound finding alone does not establish the diagnosis.

Prepare for your consultation

Write down the symptom timeline, medicines and supplements, previous reports and the three questions most important to you.

2. Assessment

- Evaluation may include cycle and symptom history, examination, pregnancy testing where relevant, hormone tests and metabolic screening.
- Other causes of irregular periods or excess androgen symptoms should be considered.

3. Sustainable lifestyle care

- Choose a repeatable eating pattern with vegetables, fibre-rich carbohydrates, protein and minimally processed foods.
- Regular aerobic and resistance activity can support metabolic health even without major weight change.
- Avoid extreme diets, unregulated supplements and shame-based treatment.

4. Treatment by goal

- Cycle regulation, acne or excess hair treatment, fertility support and metabolic-risk reduction may require different strategies.
- Discuss protection of the uterine lining when periods are very infrequent.

Urgent care

Do not rely on a website or PDF during an emergency. Severe or rapidly worsening symptoms require direct assessment.

Consultation checklist

Item	Ready
Cycle record	■
Symptoms and priorities	■
Blood pressure	■
Glucose and lipid review if advised	■
Sleep and mood review	■
Pregnancy plans	■

Questions to ask

Frequently asked questions

Does PCOS always cause infertility?

No. Ovulation may be irregular, but many people conceive spontaneously or with treatment.

Must I lose weight before treatment?

Care should not be withheld. Health behaviours and symptom treatment can begin at any size.

Can supplements cure PCOS?

No supplement is a universal cure. Discuss quality, interactions and evidence before use.

Remember

Online information is most useful when it helps you communicate clearly with your own clinical team.

References and clinical framework

This handbook is original educational content informed by the following authoritative guidance. Recommendations may change and local protocols may differ.

ACOG - Polycystic Ovary Syndrome

<https://www.acog.org/womens-health/faqs/polycystic-ovary-syndrome-pcos>

International evidence-based guideline for PCOS

<https://www.monash.edu/medicine/mchri/pcos/guideline>



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Medical disclaimer: This document is for general patient education only. It is not a diagnosis, prescription or personalised care plan. Do not start, stop or change medicines based on this guide. Emergency symptoms require direct emergency assessment. The website is not monitored for emergencies.

Publishing note: Final medical review and approval by Dr. Akрати Jain is required before public distribution.