

Polycystic Ovarian Syndrome (PCOS)

Being overweight (or underweight), or having those extra kilos, is causing you those Fertility problems, such a Polycystic ovaries. This is invariably stopping your chances of success.

Before anyone even thinks about trying to fall pregnant there are a few simple things that need to be sorted out first. I've always talked about how emotions cause most of our problems, but there are a few other problems, when combined with emotional issues, that make our health far worse.

Are you overweight? Are you carrying several more kilos than you should? Do you have a good diet? Do you exercise regularly? Is your health up to scratch?

If you are overweight, your chances of falling pregnant are more than halved again. (Similarly if you are underweight, your chances are the same as if you are overweight) Research has shown that when people have lost some weight, after having excess weight on, or put weight on after being underweight, that their chances of falling pregnant almost doubled. It is always a hard topic to talk about as most people who are overweight or underweight already know they are. It is a bit of a vicious circle when trying to lose weight and the low self-esteem of being overweight just adds to the whole thing. Nobody likes to be told that their weight is causing the health problems. But unfortunately, people do need to be told, because sometimes they might be in denial.

If you are overweight, or underweight, it is sad to say, but you are actually classed as unhealthy. Excess weight not only puts excess pressure on your structure, but it also increases your risk of cardiovascular disease and many other health problems such as diabetes. One of the biggest problems for people who are overweight and wanting to fall pregnant, is that many overweight people have Polycystic Ovarian Syndrome. Similarly, some people who are underweight can still have Polycystic Ovarian Syndrome or other gynaecological problems.

I don't like to put people in a box, but research does show that most people with polycystic ovaries are overweight, have terrible diets and have elevated insulin levels, which cause the polycystic ovaries in the first place. Anyone with polycystic ovaries does have a more than 50% chance of developing diabetes later on as well.

Polycystic ovaries are directly caused by elevated insulin levels in the body. This is directly related to too many carbohydrate foods elevating sugar levels thus elevating insulin levels. So in essence, it all gets back to poor dietary habits that have been taught to us by our parents. Also excess saturated fats and most of all, a sedentary lifestyle are the biggest factors in people's health.

The sad fact for most of us, is that when we leave school to go into the work force, or Uni, we stop being active. We become lazy and then it is hard to kick start our road back to exercising again.

When people start coming here for treatment for fertility issues, there is no excuse for them not to change their diet. On the very first appointment, I always tell everyone how their diet should be and to make any necessary changes. Most people change their diet and reap the benefit of a healthy life. Some don't listen and continue on with their bad habits. I remember one lady not changing her diet and every time she came in, I'd ask her if she had. I kept telling her that this could be the very reason and that those few extra kilos she had on weren't helping any. She had polycystic ovaries too. After some time, she finally decided to give the diet a go and cut back on the carbohydrates. To cut this story short, a couple of months after changing her diet, losing some weight and generally feeling much better, she fell pregnant. Oh, if only she had listened to me earlier. Then again, what would I know! haha :)

Back to being serious, the essential building blocks of conception come from proteins. Most people do not even get anywhere near enough protein in their diets. I can honestly say that not one person has ever come into my clinic with a good diet. Especially the people trying to fall pregnant.

I always have a little laugh when I ask people how their diet is and they say 'I eat healthy' or 'I have a good diet'. Most people's diets are absolutely, and there is no other way to put it, CRAP!

Once again, it gets back to perception and ingrained habits taught to us by our parents, not reality. If everyone had a good diet like they said they did, then 50% of our population would not be overweight. Our heart disease rate would not be one of the worst in the world and our diabetes rate is nearing the worst in the world.

So, if you are considering falling pregnant or currently experiencing fertility issues, it is imperative that you all change your diets. For those who do know they have conditions such as Polycystic ovaries, your problem is directly related to poor dietary habits as well as stress and a sedentary lifestyle.

Similarly, if you are underweight, you need to put on some weight to increase your chances. Being underweight can be just as unhealthy as being overweight

Please, for your health sake and your baby's sake, change your dietary and lifestyle habits now, before it is too late. Don't make the mistake of the "I'll do it later attitude" or "I'll do it when I get old", because you never will.

Remember we are always here to help with all your health needs. I can tailor an individually suited diet and health regime that works and is easy to do.