

POSITIVE OPTIONS FOR POLYCYSTIC OVARY SYNDROME PCOS SELFHELP AND TREATMENT%0A

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Polycystic Ovary Syndrome (PCOS), named after the cysts that may form in the ovaries, is a hormone disorder that causes irregular menstrual cycles, obesity, and infertility, among other symptoms.

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Positive Options for Polycystic Ovary Syndrome (PCOS): Self-Help and Treatment (Positive Options for Health) eBook: Christine Craggs-Hinton: Amazon.ca: Kindle Store Amazon.ca Try Prime Kindle Store

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Polycystic Ovary Syndrome, a condition set up by hormonal imbalances, affects ovulation, metabolism, and the cardiovascular system and can contribute to such problems as multiple miscarriages, diabetes, high cholesterol, heart disease, and endometrial cancer.

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Positive Options for Health: Positive Options for Polycystic Ovary Syndrome (PCOS) : Self-Help and Treatment by Christine Craggs-Hinton and Adam Balen (2004, Paperback) 2 product ratings 5.0 average based on 2 product ratings

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[Positive Health Online | Article - Polycystic Ovary Syndrome](#)

Polycystic Ovary Syndrome (PCOS) is a complex condition that affects about one in 10 women in the UK. Symptoms include irregular or absent periods, ovulation problems and infertility. There can be excess body hair (hirsutism), thinning scalp hair, acne, obesity or being overweight.

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While serious, it is often difficult to diagnose because

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symptoms can seem unrelated. Christine Craggs-Hinton is an established Sheldon author with a thorough approach. She is the author of Living with Fibromyalgia, The Fibromyalgia Healing Diet, The Chronic Fatigue Healing Diet, Coping with Gout, and, most recently, How to Beat

[Amazon.com: Customer reviews: Positive Options for Self-Help and Treatment \(Positive Options for Health\) at Amazon.com](#)

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Polycystic ovary syndrome is a common condition which affects around 20% of women. The condition It is a chronic, long-term condition in which there is no cure. PCOS affects the way in which a woman's ovaries function and is, therefore, the most common cause of infertility in women.