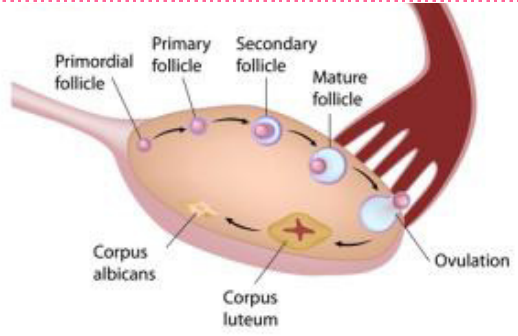
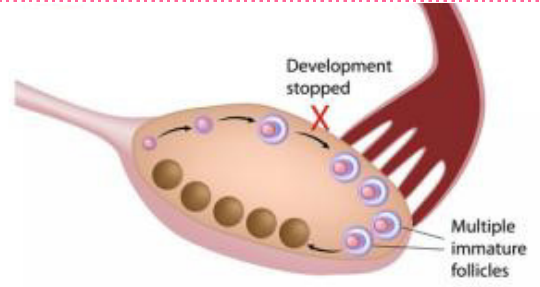


## Normal Ovary



Under the influence of Estrogen, follicles develop and grow to a mature size and then release the egg (ovulation). The follicle becomes the Corpus Luteum which produces Progesterone.

## Polycystic Ovary



With PCOS, developing follicles do not mature or release the egg (anovulation). Multiple immature follicles produce an imbalance in male hormones. With no Corpus Luteum to produce Progesterone, a state of unopposed Estrogen dominance further disrupts hormone balance.

## The Natural Alternative

The **Creighton Model FertilityCare™ System** gives women the tools to understand the causes/symptoms of PCOS.

Through the use of **NaProTechnology™** and the **Creighton Model**, women who are suffering with **PCOS** have an alternative to the less effective ways of dealing with the syndrome.



- Safe
- Natural
- Effective
- Personalized

## Learn More about Creighton

Learning the Creighton Model FertilityCare™ System begins with an Introductory Session. Individualized follow-ups are then scheduled for in-depth instruction. If NaProTechnology™ medical treatment is indicated, a referral will be made to a NaPro Medical Consultant.

[www.fertilitycarevancouver.ca](http://www.fertilitycarevancouver.ca)

[www.creightonmodel.com](http://www.creightonmodel.com)  
[www.naprotechnology.com](http://www.naprotechnology.com)

## Polycystic Ovarian Syndrome

The most common endocrine disorder

**PCOS AFFECTS 5 TO 10 PERCENT OF THE FEMALE POPULATION.**

It's not just a fertility issue,  
it's about your health!

- Inside this PCOS Basics Brochure:
- What is PCOS?
  - What are the Symptoms?
  - What are the Health Risks?
  - How is it Treated?

## What is PCOS?

PCOS stands for Polycystic Ovarian Syndrome (sometimes called Polycystic Ovarian Disease, but more precisely “Anovulatory Androgen Excess”).

PCOS is one of the **most common endocrine disorders** and one of the leading causes of infertility. Its cause is unknown but most experts believe that several factors play a role. Women with PCOS are more likely to have a mother or sister with PCOS. **A main underlying problem with PCOS is a hormonal imbalance.** PCOS affects 5-10% of all women and it often goes undiagnosed – *you are not alone.*

## What are the Symptoms?

The **symptoms and severity** of the syndrome **vary greatly among affected women.**

- Infrequent or irregular menstrual periods
- Anxiety, depression or mood swings
- Fatigue or difficulty falling asleep
- Excess androgenic (masculinizing) hormones, resulting in:
  - Acne or oily skin
  - Patches of dark skin or skin tags
  - Hirsutism (facial and body hair)
  - Thinning of scalp hair
- Insulin resistance, associated with:
  - Weight gain
  - Type 2 diabetes
  - High Cholesterol
- Infertility, linked to:
  - Polycystic Ovaries (PCO)
  - Hormonal imbalance
  - Infrequent ovulation

## What are the Health Risks?

Women with PCOS have greater chances of developing several serious health conditions.

- Insulin resistance
- Type 2 Diabetes
- Heart disease
- Thyroid problems
- Sleep apnea
- Anxiety and depression
- Endometrial cancer
- At least 50% of women with PCOS have underlying Endometriosis

*“Yes, PCOS does impact our ovaries, hence the name. But it is much more than that. PCOS is an endocrine disorder that impacts just about every area of my body and my life.” -Tarryn*

## The Good News?

Women with PCOS usually don’t have all the symptoms. They might have only a few or even just two.

Naturally cooperative treatment and management can lessen your symptoms and lower your health risks, so it’s important to educate yourself and **take control of your PCOS!**

## Did You Know?

“Ovarian Cysts” and “Polycystic Ovaries” are not the same thing. Ovarian cysts can grow large and sometimes painfully rupture. PCOS cysts are small and painless.

## How is it Treated?

PCOS does not go away on its own and there is no cure. The purpose of treatment should be to reduce symptoms, health risks and fertility issues.

**Lifestyle modifications** help manage your PCOS. Healthy eating and moderate exercise are recommended. Limit your intake of processed foods, carbohydrates and sugars. Add protein, fruits, vegetables, and full fats to your diet.

Traditional treatments (birth control pills, ovulation stimulating drugs, IVF, diabetes medications etc.) address individual factors such as acne, weight gain or infertility typically by suppressing or bypassing a woman’s cycle. The drawback is that they do not treat the underlying disease and hormonal imbalances as a whole and therefore do not address the ongoing health risks, the increased risk for poor pregnancy outcomes (miscarriage, preeclampsia, premature delivery and gestational diabetes), and future pregnancy goals.

## What is the Creighton + NaPro way?

**NaProTechnology™** Medical Consultants utilize your Creighton charts to design treatment programs for your **individual** case of PCOS. This **holistic, multi-factorial approach** works cooperatively with the body to treat the underlying hormone imbalances and improve health and fertility outcomes.

Actual treatment programs are personalized. They may include properly timed bio-identical hormones, nutrition, exercise, and other medications often in lower doses.

