

Utah State University

DigitalCommons@USU

---

Fall Student Research Symposium 2021

Fall Student Research Symposium

---

12-9-2021

## PCOS: What They Should Be Telling You

Gracie Leavitt

Utah State University, a02330558@aggies.usu.edu

Follow this and additional works at: <https://digitalcommons.usu.edu/fsrs2021>



Part of the [Nursing Commons](#)

---

### Recommended Citation

Leavitt, Gracie, "PCOS: What They Should Be Telling You" (2021). *Fall Student Research Symposium 2021*. 64.

<https://digitalcommons.usu.edu/fsrs2021/64>

This Book is brought to you for free and open access by the Fall Student Research Symposium at DigitalCommons@USU. It has been accepted for inclusion in Fall Student Research Symposium 2021 by an authorized administrator of DigitalCommons@USU. For more information, please contact [digitalcommons@usu.edu](mailto:digitalcommons@usu.edu).





PCOS: WHAT  
THEY SHOULD  
BE TELLING  
YOU

By: Gracie Leavitt

# PCOS FEATURES

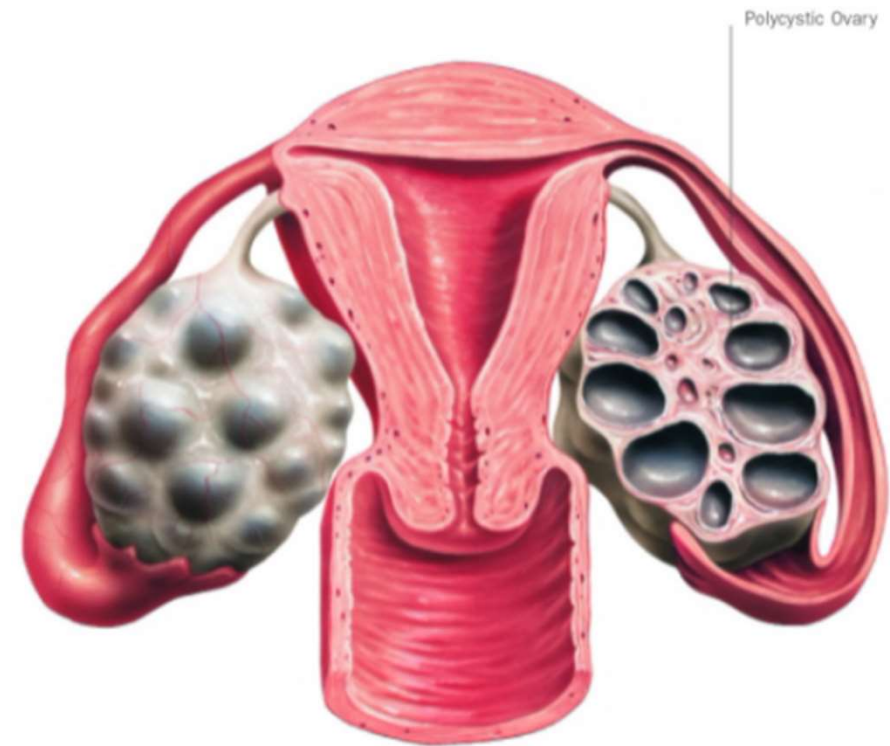
MENSTRUAL  
DYSFUNCTION

HYPERANDROGENISM

APPEARANCE OF  
POLYCYSTIC OVARIES

(KALYANARAMAN, PAL)

Out of 14 Million US women, 70% have  
PCOS and are undiagnosed  
(Bassett)







## LONG TERM EFFECTS

- Type 2 Diabetes before 40
- Infertility
- Higher chance of miscarriage
- Obesity
- Cardiovascular disease
- Hyperandrogenism
- Insulin resistance
- Endometrial cancer
- Mental illness

(Tiwari et al)

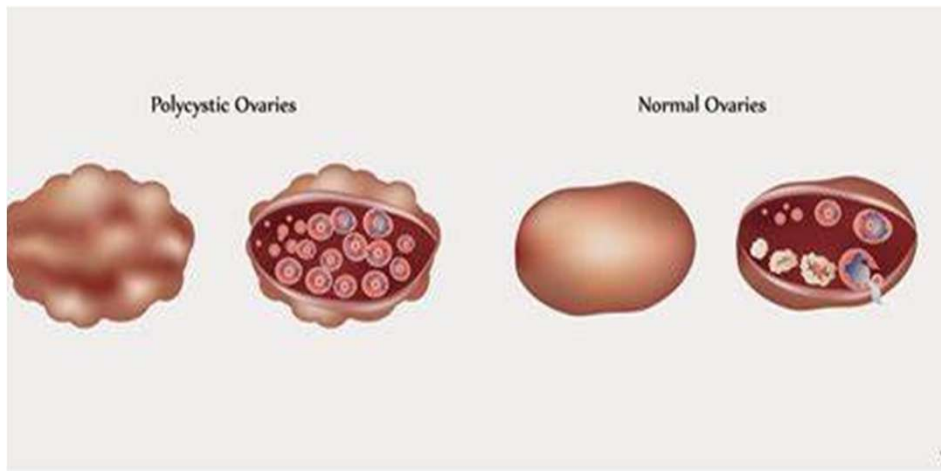
## WHAT HAS BEEN RESEARCHED

- Hyper exposure to androgens in utero can cause PCOS in the future
- PCOS is hereditary
- Dairy and gluten can increase insulin resistance, making PCOS worse
- Significant lifestyle changes can mitigate the symptoms
- Environmental influences
- Few treatments



(Raporport and Homburg) (Merkin et al) (Satviet)

# LACK OF RESEARCH



---

Discovered in 1935

---

---

Not getting pregnant,  
no problems

---

---

Gender Bias

---

---

Commonality of  
Symptoms

---

---

A lot is known about it,  
but not how to treat it



## GENDER BIAS

“Women have an even harder time getting a correct diagnosis for ailments that solely or mostly affect women”

- Knowledge Gap
  - far less is known medically about women’s bodies and the ailments that afflict them than about men’s
- Trust Gap
  - women’s accounts of their symptoms are doubted or taken less seriously than men’s

(Miller)

## SO WHAT?

RESEARCH NEEDS TO BE DONE



THESE WOMEN DESERVE ANSWERS AND TREATMENTS THAT WORK TO PROTECT THEIR HEALTH



DOCTORS NEED TO BE INFORMED SO THEY CAN GIVE THEIR PATIENTS ACCURATE INFORMATION



WOMEN NEED TO TAKE A STAND AND DEMAND ANSWERS



Physicians should “strive continually to improve medical knowledge and skill and should make available to their patients and colleagues the benefits of their professional attainments”(Riddick)





THANK YOU

## WORKS CITED

- Alspach, JoAnn Grif. “Because Women’s Lives Matter, We Need to Eliminate Gender Bias.” *Critical Care Nurse*, vol. 37, no. 2, Apr. 2017, pp. 10–18. EBSCOhost, doi:10.4037/ccn2017326
- Fiona Bassett. “Living with PCOS: Ashley Levinson: Blog.” TOTM, TOTM, 23 Jan. 2021, <https://www.totm.com/living-pcos-story/>.
- Kalyanaraman, Rajeshwari, et al. “A Narrative Review of Current Understanding of the Pathophysiology of Polycystic Ovary Syndrome: Focus on Plausible Relevance of Vitamin D.” *International Journal of Molecular Sciences*, vol. 22, no. 9, May 2021, p. 4905. EBSCOhost, doi:10.3390/ijms22094905.
- Merkin, Sharon Stein, et al. “Environmental Determinants of Polycystic Ovary Syndrome.” *Fertility & Sterility*, vol. 106, no. 1, July 2016, pp. 16–24. EBSCOhost, doi:10.1016/j.fertnstert.2016.05.011.
- MILLER, KENNETH. “How Health Care Fails Women.” *Prevention*, vol. 70, no. 6, June 2018, pp. 46–53. EBSCOhost, search-ebSCOhost-com.dist.lib.usu.edu/login.aspx?direct=true&db=asn&AN=129442209&site=ehost-live.
- Ottey, Sasha. “My Life with PCOS: A Personal Story by Sasha Ottey.” RESOLVE, 16 Sept. 2019, <https://resolve.org/infertility-101/medical-conditions/polycystic-ovary-syndrome/my-life-with-pcos-a-personal-story/>.
- Raperport, Claudia, and Roy Homburg. “The Source of Polycystic Ovarian Syndrome.” *Clinical Medicine Insights: Reproductive Health*, vol. 13, Sept. 2019, pp. 1–6. EBSCOhost, doi:10.1177/1179558119871467.
- Riddick, Frank A. “The Code of Medical Ethics of the American Medical Association.” *The Ochsner Journal*, Ochsner Clinic, L.L.C. and Alton Ochsner Medical Foundation, 2003, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3399321/>.
- Satveit, Sonya. “Addressing the Unique Healthcare Needs of Women: Opportunity for Change Exists at the Intersection of Precision Health and Learning Health Systems.” *Learning Health Systems*, vol. 2, no. 2, Apr. 2018, p. 1. EBSCOhost, doi:10.1002/lrh2.10033.
- Tiwari, Yogesh, et al. “An Overview of Polycystic Ovarian Syndrome.” *Annals of the Romanian Society for Cell Biology*, vol. 25, no. 7, July 2021, pp. 437–446. EBSCOhost, search-ebSCOhost-