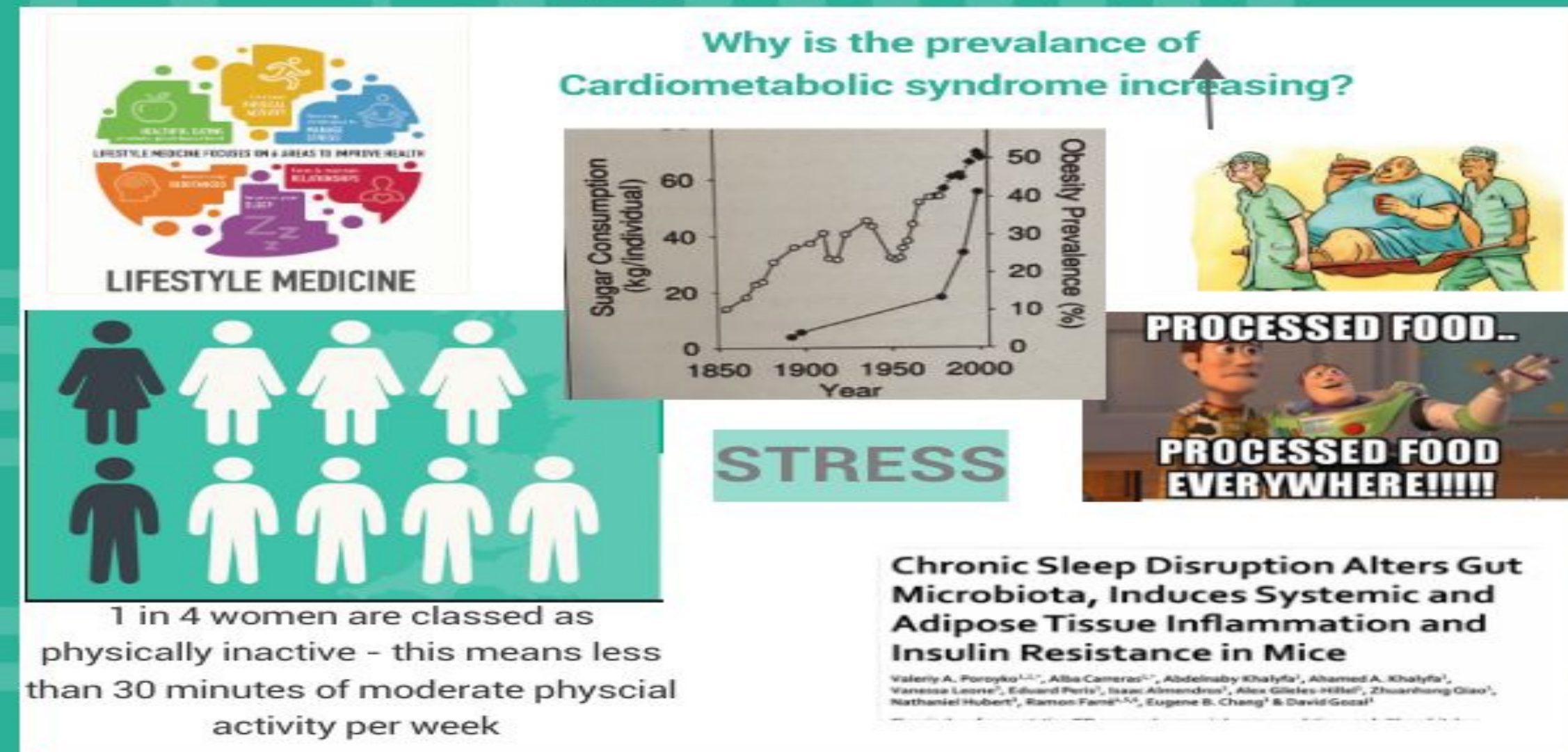


PCOS: Why a Lifestyle approach?



A multi-system personalised approach: We need to consider the physiology in order to optimise long term health and outcomes.



Potential pathogenic factors in PCOS



- Under recognised condition poorly treated
- Multidisciplinary approach needed
- Nutritional support with current evidence based guidance
- Minimise the need for gynaecological support if treated early and empower women with their own health needs

An Integrative and Lifestyle Medicine approach to the treatment of PCOS at The Synthesis clinic

Dr Amy Shacaluga
Consultant Obstetrician and Gynaecologist
Lifestyle Medicine Physician

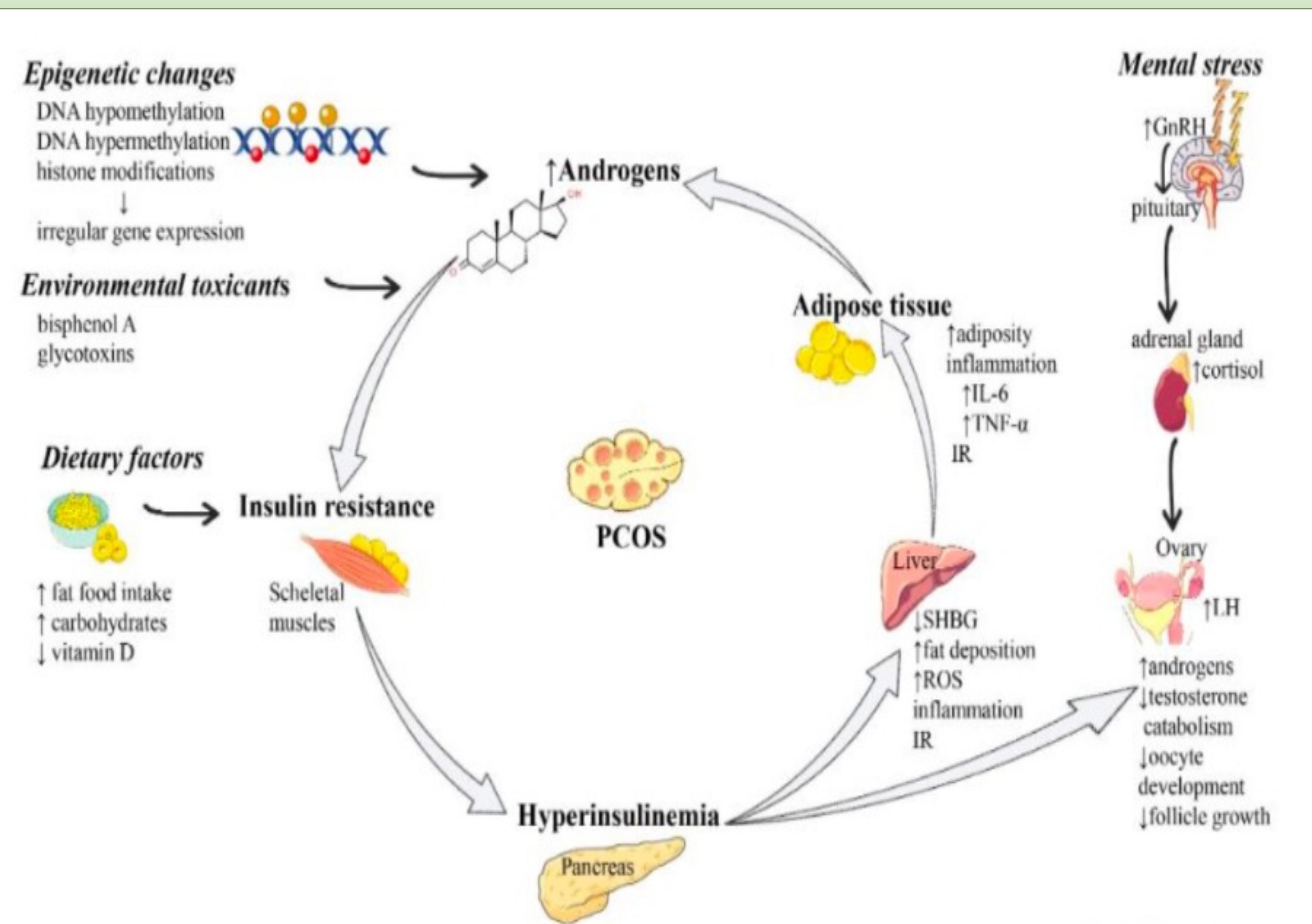


Royal College of
Obstetricians &
Gynaecologists



SYNTHESIS CLINIC

Essential to treatment of PCOS is the understanding of the underlying multifactorial physiology of the condition:



Sadeghi et al, 2022 Int J Mol Science

PCOS Case History

27 year old female, BMI of 24 attended The Synthesis Clinic with a h/o Amenorrhoea 2 year history
Acne from age 14
Hair loss worsening over 2 years
Symptoms of depression

