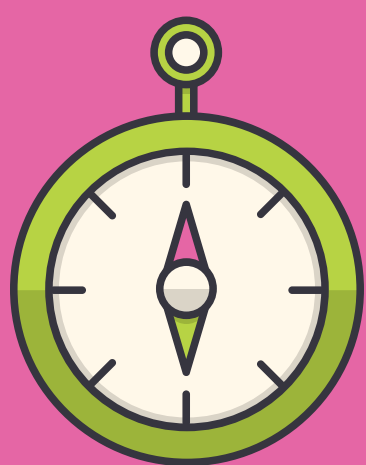




# PCOS IN A NUTSHELL

UNDERSTANDING THE SYMPTOMS AND WHAT THEY MEAN

## Getting diagnosed

### The Rotterdam Criteria

**YOU NEED 2 OUT OF 3 OF THESE**



**CYSTS ON YOUR OVARIES**



**SIGNS OF HIGH TESTOSTERONE**



**IRREGULAR MENSTRUAL CYCLE**

## How PCOS works

**BETA CELLS OF PANCREAS RELEASE TOO MUCH INSULIN**



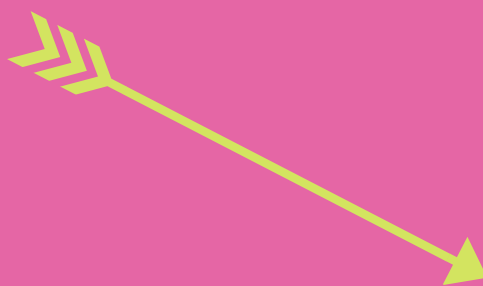
**INSULIN CAUSES OVARIES TO RELEASE TOO MUCH TESTOSTERONE**



**QUICK RISE AND FALL OF INSULIN AND BLOOD SUGARS**



**IRRITABILITY  
ANXIETY  
HUNGER  
SHAKINESS**



**AS INSULIN RISES SO DOES YOUR TESTOSTERINE**



**SYMPTOMS GET WORSE**



Managing your Insulin is the key to unlocking PCOS