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Polycystic Ovary Syndrome: An emerging epidemic

Khyati Garg and Austin Davis

According to research by the PCOS Society, one in every ten women in India has polycystic ovary syndrome (PCOS), a common endocrine system condition among women of reproductive age. When viewed holistically, PCOS is more than just an endocrine disorder; it impacts women's quality of life like a pyramid scheme. It manifests itself physically as well as in mental health issues. At first glance, it will appear like a woman's health issue, but PCOS concerns are deep-rooted in lifestyle and our society. There are multiple factors at play in the rising stats of PCOS. Thus, a systemic review of the whole ecosystem around PCOS helps understand the root cause of the problem.

In my systemic study, I attempted to dig deep into the PCOS system's emerging behaviours and contributing factors. Early diagnosis and awareness about the syndrome could significantly reduce the rising cases. The emergence of PCOS has majorly contributed to a sedentary lifestyle. Doctors are the first step in the diagnosis and also hold the accountability and respect of all stakeholders, thus making them an excellent medium for information dissemination. The current study results suggest creating a systemic network of information dissemination that can generate awareness among newly diagnosed patients and sensitivity in society towards women with PCOS using doctors and existing organisations as mediums of communication.

KEYWORDS: Polycystic Ovary Syndrome, Women's Health, Lifestyle Disease

RSD: Health & Well-Being, Society & Culture

Reading polycystic ovary syndrome: an emerging epidemic

The gigamap provides a comprehensive overview of Polycystic Ovary Syndrome (PCOS) by illustrating its systemic impact on women and society. The map illustrates the multi-faceted impact of PCOS on the physical, mental, and reproductive aspects of life. The map delves into the complexities of PCOS from various angles, encompassing social and medical challenges. At the core, systemic mapping reveals the interconnectedness of the disease with stakeholders such as the healthcare system, family, partner, and society. The PCOS management cause-and-effect map identifies positive reinforcements within the system to counteract negative loops in the ecosystem. Insights from the maps manifest as challenges faced by patients throughout their journey. The proposed solution envisions a reconfigured PCOS management and diagnosis approach, incorporating an awareness intervention led by well-informed social groups and doctors.

Resources

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