



## HOPE FOR WOMEN WITH PCOS: OVERCOMING FERTILITY CHALLENGES WITH IVF

**Polycystic Ovary Syndrome (PCOS) is a hormonal disorder that affects 6-12% of women of childbearing age, making it one of the most common causes of female infertility. The condition is characterized by irregular or skipped periods, enlarged ovaries, excess body hair, hair thinning and weight gain. While the exact cause of PCOS is unknown, it is believed that genetics may play a significant role.**

### PCOS & INFERTILITY

PCOS affects fertility in several ways. The hormonal imbalances can disrupt ovulation, making it difficult for women to conceive. Even when ovulation does occur, the hormonal imbalances can prevent the uterine lining from developing properly, making it challenging for a fertilized egg to implant. Additionally, PCOS is often associated with insulin resistance, which can further complicate fertility.

### HOW TO ACHIEVE PREGNANCY WITH PCOS ?

Despite these challenges, women with PCOS can still achieve pregnancy with the help of fertility treatments. In vitro fertilization (IVF) is a common and effective option for women with PCOS. IVF involves combining the woman's egg with the man's sperm in a laboratory, and then transferring the resulting embryo to the woman's uterus.

### THE GENOME ADVANTAGE

At our IVF clinic, we understand the unique challenges that women with PCOS face. Our team of fertility specialists is dedicated to helping women with PCOS achieve their dream of becoming mothers. We offer a range of fertility treatments, including ovulation induction, intrauterine insemination (IUI) and IVF.

For women with PCOS, ovulation induction is often the first step in fertility treatment. This involves taking medications to stimulate ovulation, which can increase the chances of conception. If ovulation induction is not successful, IUI or IVF may be recommended.



Our IVF clinic has a high success rate, with an enviable pregnancy success rate for women with PCOS. We use the latest technology and techniques to ensure the best possible outcomes for our patients. Our team of fertility specialists will work closely with you to develop a personalized treatment plan that meets your unique needs and goals.

### LIFESTYLE CHANGES

In addition to fertility treatments, lifestyle changes can also improve fertility in women with PCOS. Maintaining a healthy weight, eating a balanced diet and regular exercise can help regulate hormones and improve ovulation.

**At Genome, we are committed to helping women with PCOS achieve their dream of becoming mothers. We understand the emotional and physical challenges that come with PCOS and infertility, and we are dedicated to providing compassionate and supportive care to our patients. If you are struggling with PCOS and infertility, we encourage you to contact us to schedule a consultation with one of our fertility specialists.**