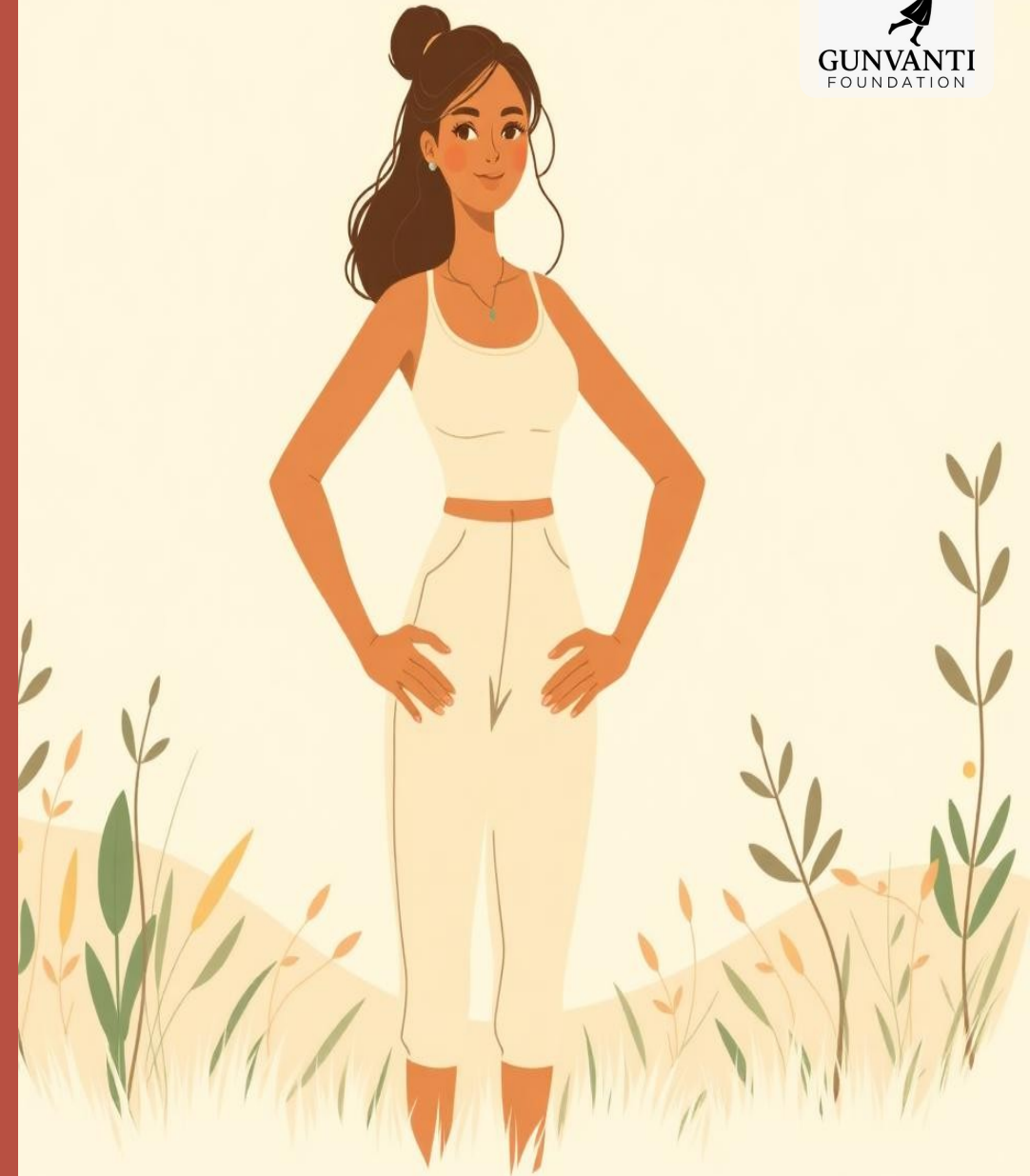


PCOD & PCOS

Awareness for every woman

Know your body. Trust your symptoms. Take charge of your health.

Gunvanti Foundation

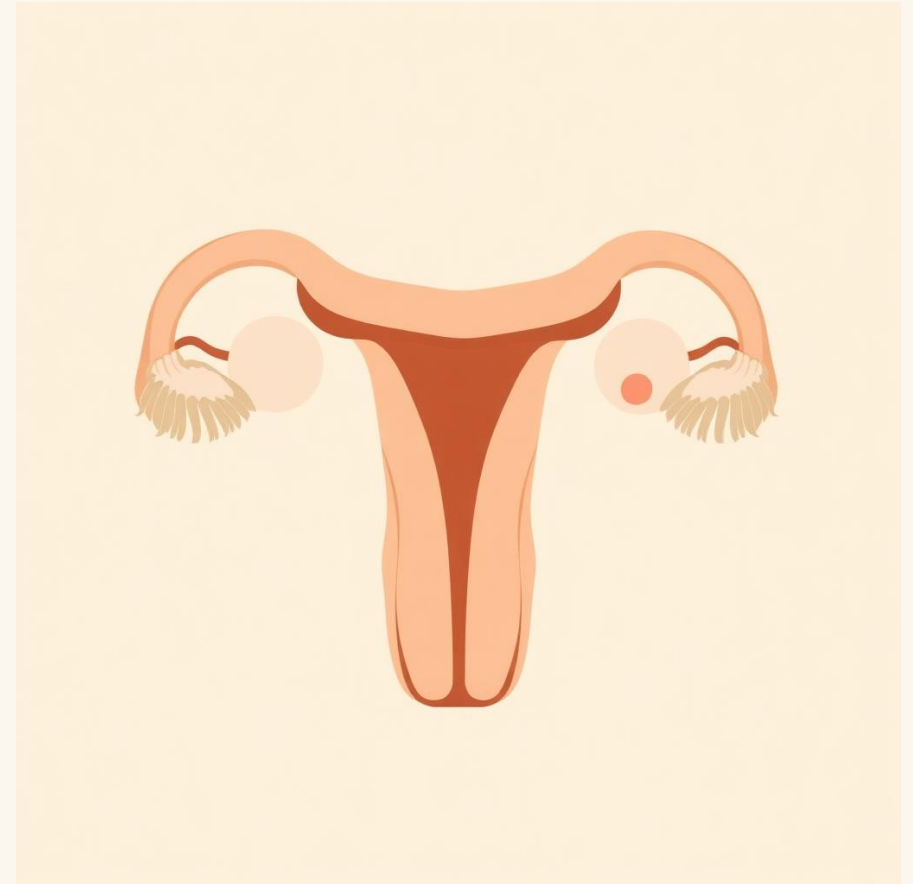


WHAT IS PCOD

Polycystic Ovarian Disease

PCOD is a condition in which the ovaries release immature or partially mature eggs that, over time, can turn into cysts. This affects ovulation and hormone balance.

- Very common — affects about 1 in 5 Indian women
- Often linked to lifestyle, diet, weight and stress
- Manageable with balanced food, movement and care
- Symptoms can improve with consistent healthy habits



WHAT IS PCOS

Polycystic Ovary Syndrome

PCOS is a hormonal and metabolic disorder where the body produces higher than normal levels of male hormones (androgens). It impacts periods, fertility and overall health.

- A syndrome — a group of connected symptoms
- Affects roughly 1 in 10 women worldwide
- Linked to insulin resistance and inflammation
- Needs long-term lifestyle care and medical guidance



How they differ

Aspect	PCOD	PCOS
Nature	Condition of the ovaries	Hormonal & metabolic syndrome
Cause	Lifestyle, diet, hormones	Insulin resistance, genetics, hormones
Severity	Generally milder	More serious, long-term impact
Fertility	Usually not a major issue	Common cause of infertility
Treatment	Diet, exercise, lifestyle	Lifestyle + medical management

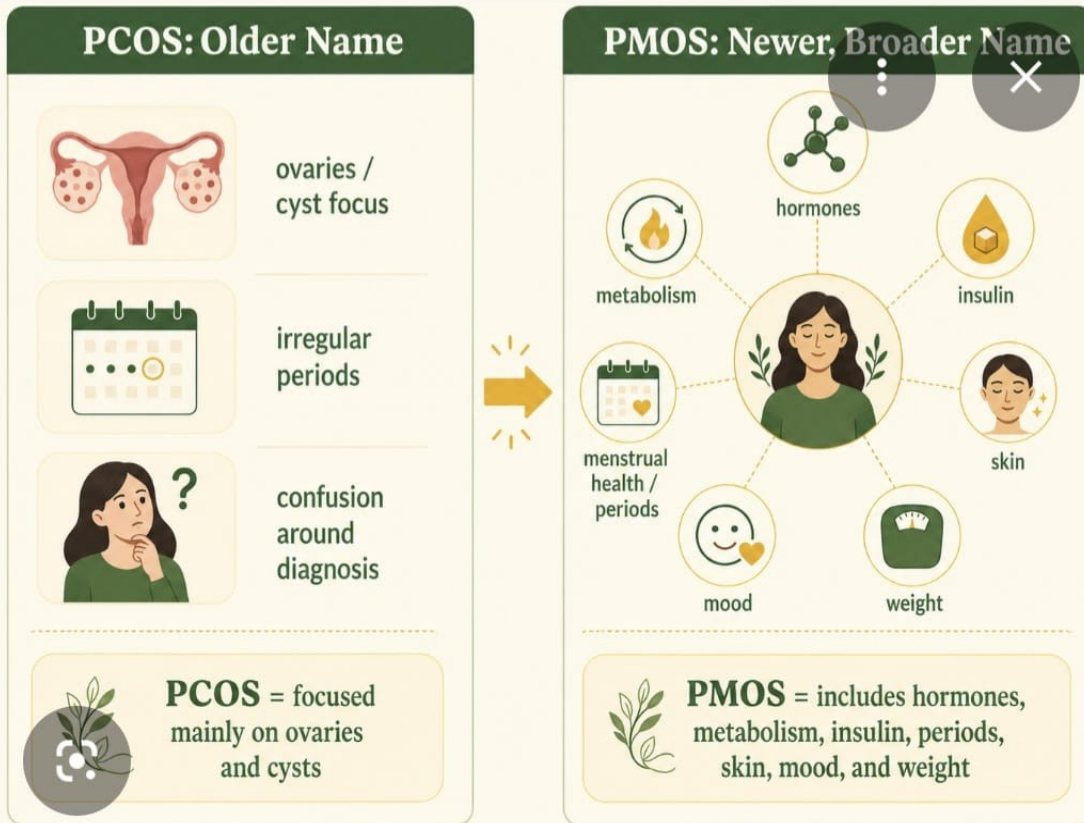
WHY IT HAPPENS

Common causes

- **Genetics** Family history of PCOD/PCOS increases risk.
- **Hormonal imbalance** Excess androgens disrupt ovulation cycles.
- **Lifestyle** Junk food, stress and poor sleep are key triggers.
- **Weight & insulin** Insulin resistance and weight gain feed the cycle.
- **Chemical exposure** Pads with chemicals & plastics may worsen symptoms.



Listen to your body



Irregular or missed periods

Excess hair on face / body

Heavy or painful bleeding

Hair thinning on scalp

Unexplained weight gain

Mood swings, anxiety, fatigue

Acne & oily skin

Difficulty getting pregnant

70%

of women with PCOS remain undiagnosed

Awareness is the first step. Talk to a doctor, track your cycle, and don't ignore your symptoms.



Small steps, big change

- **Balanced meals** Whole grains, greens, protein. Less sugar & maida.
- **Move daily** 30 minutes of walking, yoga or strength training.
- **Sleep well** 7-8 hours of quality rest — non-negotiable.
- **Manage stress** Breathing, journaling, time with loved ones.
- **Hydrate** 2-3 litres of water through the day.
- **Track your cycle** Notice changes early. Knowledge is power.



Let's set the record straight

MYTH PCOD/PCOS only affects overweight women.

FACT Slim women can have it too — it is hormonal.

MYTH You cannot get pregnant with PCOS.

FACT With right care, many women conceive naturally.

MYTH It will go away on its own.

FACT It needs lifestyle change and sometimes medicine.

MYTH Skipping periods is no big deal.

FACT It is a sign — please get yourself checked.



You are not alone.

Together, we break the silence around PCOD & PCOS.

Share this awareness with a sister, a friend, a daughter.
Early knowledge changes lives.

— Guvanti Foundation

