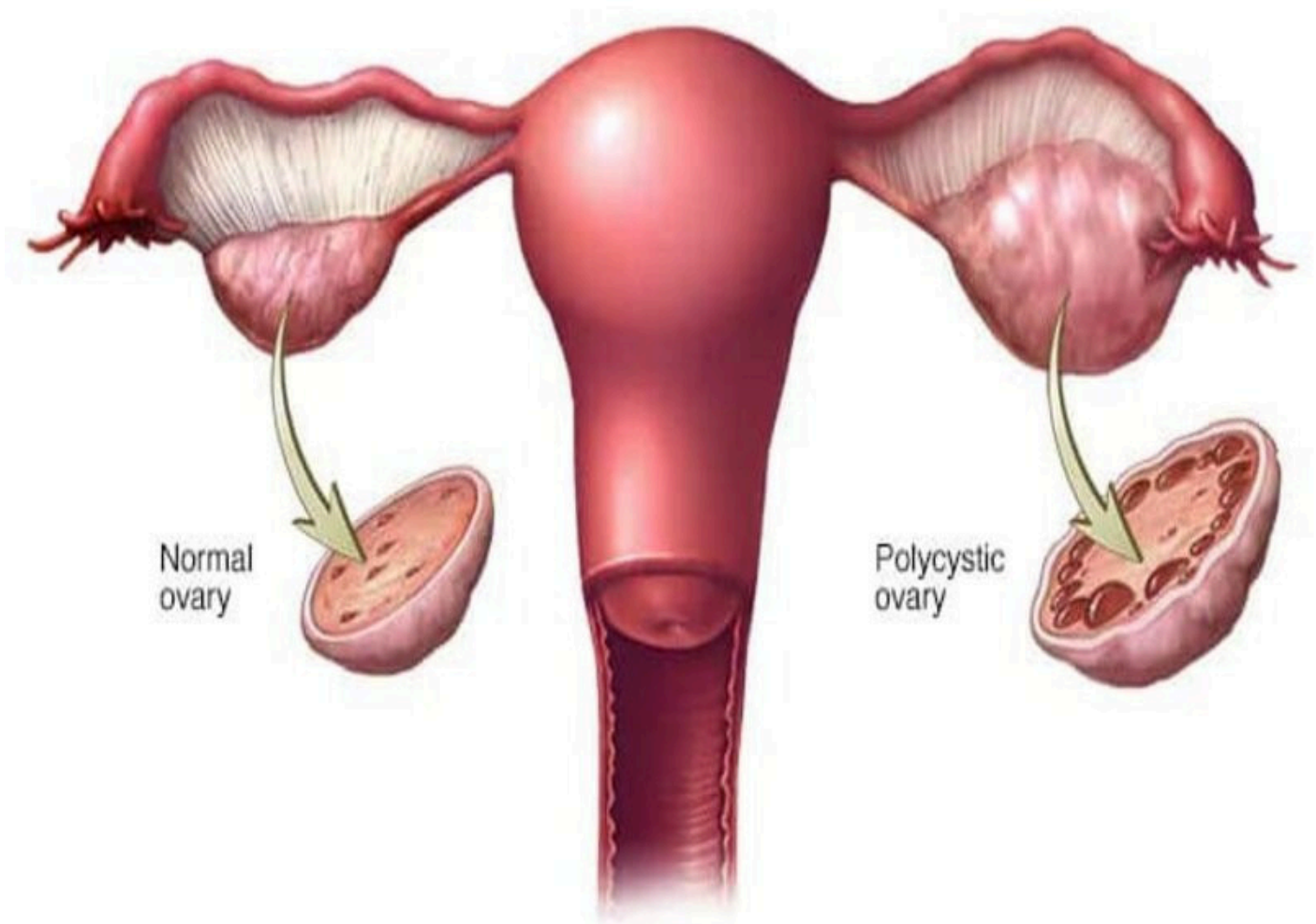




## Expert PCOS Treatment in Thane: Dr. Arohi Tasgaonkar's Comprehensive Approach



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**Dr. Arohi Tasgaonkar recommends the following strategies to address insulin resistance in PCOS:**

### **1. Lifestyle modifications:**

- Healthy diet: Emphasise a balanced diet with whole foods, including fruits, vegetables, whole grains, and lean proteins. Limit refined carbohydrates and sugars.
- Regular exercise: Engage in at least 150 minutes of moderate-intensity exercise per week to enhance insulin sensitivity.

### **2. Weight management:**

- Strive for a healthy weight, as even a modest weight loss can significantly improve insulin sensitivity.

### **3. Medications:**

- Metformin: Commonly prescribed to enhance insulin sensitivity and regulate blood sugar levels, especially in cases of insulin resistance or impaired glucose tolerance.

- Incretin-based therapies: Consider certain medications like GLP-1 receptor agonists and DPP-4 inhibitors in specific cases to improve insulin sensitivity.

#### **4. Anti-androgen medications:**

- Prescribe anti-androgen medications like spironolactone to manage symptoms related to elevated androgen levels, often associated with insulin resistance in PCOS.

#### **5. Birth control pills:**

- Recommend oral contraceptives to regulate menstrual cycles and indirectly improve insulin sensitivity by reducing androgen levels.

#### **6. Dietary supplements:**

- Suggest certain supplements like inositol and omega-3 fatty acids, as studies indicate potential positive effects on insulin sensitivity. However, caution individuals to consult with a healthcare provider before taking any supplements.

#### **7. Regular monitoring:**

- Stress the importance of regular monitoring of blood glucose levels and other metabolic parameters for assessing the effectiveness of interventions and making necessary adjustments.

Individualised approaches are crucial in managing insulin resistance in PCOS, and Dr. Arohi Tasgaonkar advises consulting with a healthcare provider or reproductive endocrinologist to create a personalised treatment plan based on the individual's medical history and circumstances.

For more information, Consult [Dr. Arohi Tasgaonkar](#) practising at Complete Women's Care One of the best [PCOS Treatment in Thane](#): or you can [Contact us](#) on 98330 74977.

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