



What are the treatments for PCOS (Polycystic ovary syndrome)?

The treatments for PCOS are as follows:

1. Lifestyle modifications: Adopting a healthy diet, engaging in regular exercise, managing weight, and ensuring adequate sleep.
2. Oral contraceptives: Taking birth control pills to regulate menstrual cycles and reduce symptoms like acne and excess hair growth.
3. Anti-androgen medications: Using medications that block the effects of male hormones to manage symptoms such as acne and hair growth.
4. Metformin: Taking medication to improve insulin resistance and regulate menstrual cycles.
5. Fertility treatments: Undergoing ovulation induction with medications or utilizing assisted reproductive technologies for women aiming to conceive.
6. Surgery: Considering ovarian drilling, a surgical procedure that reduces androgen production and promotes ovulation in certain cases.

It is important to consult with a specialist to determine the most suitable treatment options for individual circumstances.

For More Details Visit Shanta Medical Centre. [Charitable medical trust in Mumbai](#)