



How Does Polycystic Ovary Syndrome (Pcos) Cause Infertility?

Polycystic ovary syndrome (PCOS) is an endocrine or hormonal disorder affecting many [women in India](#) and around the world.

PCOS is a medical condition in which the ovaries produce larger amounts of androgens or male sex hormones, which are normally present in small quantities in women. Anovulation (the lack of ovulation) and irregular periods can make it difficult for a woman to conceive naturally, making this a leading cause of infertility.

In this article, we will discuss what [PCOS](#) is and how it causes infertility. We also tell you what women with PCOS can do to improve their chances of getting pregnant and how a qualified [infertility specialist](#) can help.

What is PCOS?

In women after puberty, tiny fluid-filled cysts called follicles develop on the surface of each ovary every month. Female sex and reproductive hormones, such as oestrogen, stimulate the follicles to produce an egg. The imbalance of these hormones, with relatively more androgen, causes polycystic ovary syndrome, or PCOS.

In PCOS, it impedes the formation of mature eggs and their release for fertilisation. As a result, pregnancy cannot occur in the absence of a mature egg. Doctors at the [best IVF centres in Delhi](#) report the most common symptoms of PCOS include

- Irregular Cycles
- Acne
- Weight Gain
- Infertility
- Ovarian cysts
- Thinning of hair or Hair growth typical in men
- Skin darkening and Skin tags
- Depression

However, there are cases where women don't experience any external signs of PCOS and would require an experienced IVF specialist to address their issues with infertility.

What Can Women With PCOS Do To Improve Their Fertility?

Although PCOS is one of the primary causes of infertility in women, [infertility specialists](#) can help you improve your fertility. If you have PCOS and are struggling with infertility, here are some tips suggested by Gynaecologist and [Infertility Specialist, Dr Rhythm Gupta](#):

1. **Maintain a Healthy Weight** - Being overweight or underweight can exacerbate the hormonal imbalances caused by PCOS, making it more difficult to conceive. Women with PCOS should aim to maintain a healthy weight range through regular exercise and a balanced diet.
2. **Manage Insulin Resistance** - Women with PCOS are likely to be insulin resistant. In such cases, they can improve their fertility by managing blood sugar levels through diet, exercise, or medication from a reputable doctor when necessary.
3. **Treating Hormonal Imbalances** - Women with PCOS can work with their doctors to address any underlying hormonal imbalances that may be affecting their fertility. Depending on the patient profile, this may involve medications like letrozole, clomiphene citrate or gonadotropins to stimulate ovulation, which is available in every [best IVF centre in Delhi](#).
4. **Consult an [Infertility Specialist](#)** - For some women with PCOS, assisted reproductive technologies like in vitro fertilisation (IVF) or intrauterine insemination (IUI) may be necessary to conceive. Consulting an experienced [infertility specialist](#) can help identify the correct treatment options with a higher success rate.

Visit the [Best IVF Centre in Delhi](#)

As we reach the end of the article, we understand PCOS can cause infertility in women by interfering with ovulation, hormonal imbalances, and other factors that are essential for pregnancy. Women with PCOS should consult a recommended [infertility specialist](#) to manage their symptoms and improve their chances of conceiving.

The right treatment and support of [Dr Rhythm Gupta](#) have helped many women with PCOS have successful pregnancies and become mothers. Book your appointment today!

