

# Behavioural Hypochondriacs and Life Style Management in PCOS: A Review

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**Abstract:-** Polycystic ovary syndrome (PCOS) is habitually linked with psychological and physiological anguish. Etiology of PCOS still remains unclear. It is mainly associated with obesity. Women with PCOS endure from pregnancy complications during their reproductive age. Several reviews and studies suggest that women suffering from PCOS can develop mental distress like depression, anxiety, body dissatisfaction, Food and eating habits and Disaffection about their sexual life. This all factors are key factors for behavioral hypochondriacs as it increases stress, anxiety and depression in women with PCOS. There are several evidences that appropriate weight management strategies and modification in lifestyle is helpful for the women with PCOS for to improve the hormonal imbalance, infertility and obesity. It is also helpful to reduce symptoms for PCOS. This literature review is about effect of PCOS on behavioral hypochondriacs and how a little modification in life style management will positively affect the women with PCOS.

**Keywords:-** PCOS, Depression, Hirsutism, Life Style Management, Pregnancy, Infertility, Hypochondriacs.

## I. INTRODUCTION

Polycystic ovary syndrome is an endocrine disorder which mainly affects the women with reproductive age. First case for PCOS was observed in 1976. PCOS affects the 5-10% of all women. Irregular menstrual cycle, biochemical hyper androgenism and presence of polycystic ovaries on ultrasound are clinical and diagnostic feature of PCOS. This also have reproductive and metabolic (insulin resistance) malfunction. 50% are the women with obesity. As the amount of adipose tissue increases it results in various abnormalities of sex steroidal metabolism as increase in amount of androgen and repression of globulin which bind to sex hormones. It can also give rise to severe infertility and an- ovulation. Furthermore it also causes breast cancer, cardiovascular disease, endometrial cancer, type 2 diabetes etc. They are more vulnerable to coronary artery disease and hypertension. So these were the physical consequences which are observed in women with PCOS but in spite of these some behavioral hypochondriacs which includes anxiety, depressed mood, body shaming, sleep disturbance, low appetite, negative thoughts, less self confidence etc. Depression among women with PCOS very high which varies between 28% to 64%. Sometimes it leads to suicide case also. Hirsutism and skin acne problem is also a major

factor for depression in women with PCOS. As above mentioned 50% of girls are obese in PCOS that's why various study has undertaken that how life style management and weight management will help in PCOS. Objective of this literature review is to understand that hoe PCOS affects behaviour of a patient and how lifestyle management will help to reduce symptoms of PCOS.

## II. MATERIALS AND METHOD

Literature review was conducted by reviewing different research articles and review articles. The papers were collected from various online sources like GOOGLE SCHOLAR, SCIENCE DIRECT, PUBMED, WILEY, SPRINGER, ELISVERE. Keywords used to search this research and review article were PCOS, infertility, depression, life style management etc. Papers that show relation of PCOS with behavioral change and life style management were also taken.

## III. RESULTS AND DISCUSSION

### • Behavioural Hypochondriacs:-

Hypochondriac are a condition in which patients lives in a fear of having some serious illness, and is also known as illness anxiety disorder. This kind of condition is often seen in patients with PCOS. It is commonly due to having insecurity of infertility, hirsutism, body dissatisfaction, difficulty in pregnancy, obesity, eating disorder, bipolar disorder etc. Women.

Infertility is common cause in women with PCOS due to anovulation which is a cause of hypochondriacs, but it is curable. Hormonal imbalance and high amount of estrogens leads to poor growth and release of egg from ovules and results in deficient ovulation. When ovulation does not occur, it increase amount of testosterone and as a result it affects the egg quality and lead to insulin resistance. There are some other factors which can also negatively affect the fertility. Despite of this Women with PCOS suffer with body shaming which causes depression, frustration and difficulty in self acceptance. A persuasion of own self acceptance leads to unsatisfaction with sex life especially in women with obesity and hirsutism. Another reason for infertility is "infertility stress" which includes lose of interest in d daily activities, difficulty in maintaining interpersonal relationship, depression and high level of anxiety. Moreover infertility stress leads to sleep disorder, a feeling of helpless,

guilt and loss of concentration and attention. Women with PCOS can also get pregnant with appropriate treatment. First step to get rid of infertility is modification in life style management and daily exercise. Another step is to provide some fertility medications which are estrogens receptor modulators. Sometimes fertility injections (Follistim®, Gonal-F®, Bravelle®, and Menopur®) are also required to release eggs.

Hirsutism is another cause of behavioral hypochondriacs. It is a condition in which PCOS patients slowly results in excess hair growth. 70-80% of women with PCOS shows symptoms of hirsutism. It is because of excess level of androgen. It is related with appearance like “male pattern” appearance like acne, excess hair at chest, abdomen, face, arms, increase in body weight, loss of menstruation cycle, baldness etc. Moreover this can cause psychotic symptoms which includes high level of anxiety and tension. They are more susceptible to social phobia and insecure about their body appearance. They often have feeling of shame, loneliness Hyperandrogenism. Various short term treatments can be used for hirsutism like use of chemical depilatories or bleaching cream, plucking of hair. For long term treatment electrolysis and laser can be used. Eflornithine cream can be used for slow down the topical hair growth.

Body image distress is most commonly seen in women with PCOS. It is mainly because of the obesity. To maintain a ideal body weight is another reason for anxiety and depression on women with PCOS. Obesity give rise to decreased self confidence and negative thoughts and often looks for strict dieting which can put additional stress on person. Eventually this can cause eating disorder in women. This all parameters can lead to hypochondriacs.

#### ➤ *Life style management*

Obesity is a major challenge for clinicians in women with PCOS. Health risk of obesity cannot be ignored that why it is important to maintain healthy weight which needs a slight change in daily lifestyle. It includes an extra 2000-3000 steps per day, regular 30 mins physical activity, replacement of artificial sweetened drinks and sugars with health options, having cereals for breakfast. Overall reduction of calories is more important in weight loss. It needs a long term practice otherwise after short time of physical activity one may starts to gain weight again. Diet with high fibre content and low carbohydrate is recommended. Food with low glycemic index like cereals, soy, lentils can be included in diet. This can be accomplished by daily exercise or physical activity. Exercise in combination with diet will reduce muscle mass and, exercise with muscle strengthening will improve insulin activity.

## IV. CONCLUSION

Preceding literature review on various parameters for behavioral hypochondriacs indicates that a little support from society and changed perspective to consequences of PCOS can improve the psychotic symptoms of stress, anxiety and depression. According to a cross sectional survey lifestyle management awareness is well recognized by women but awareness about psychological distress is not recognized well. In rural areas, awareness about PCOS is not well acknowledged. Hirsutism, obesity, infertility is not accepted by the community which is the main reason for depression and excess level of anxiety. PCOS is not a severe condition but it can be controlled by various awareness programmes for PCOS, nutrition and exercise counselling, prescribed medication for hormonal imbalance etc.

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