

Tips for Living with PCOS—Polycystic Ovarian Syndrome:

- Get a second opinion, no matter how much you love your doctor, always get a second opinion.
- Once you are sure it is PCOS, do your research on the disease. Know as much about it as you can.
- Keep your doctor's appointments, and if you have questions, take a list of question with you to your appointment.
- Take the best care of yourself physically by eating good, healthy food.
- Take care of yourself emotionally. Think positive thoughts, and keep positive people in your inner circle.
- If you need to see a psychiatrist or any professional you are comfortable with, do so. Do not fear what people say.
- If you show signs of PCOS externally, you do not have to explain anything to anyone.
- You are your own best advocate. It is OK to stand up for yourself.
- Check out the Podcast show notes on the PCOS episode for more details for additional tips.
- Maintain a positive attitude no matter what you hear from your doctor, even if it means you will never have children. There is life after being childless not by choice.

Additional information and links based on PCOS:

http://www.huffingtonpost.com/heather-huhman/frustrating-facts-about-pcos_b_7686030.html

<https://www.sciencedaily.com/releases/2007/08/070831204314.htm>

<http://www.webmd.com/women/tc/polycystic-ovary-syndrome-pcos-topic-overview#1>

<http://www.webmd.com/women/features/pcos-polycystic-ovary-syndrome-women#1>

http://www.healthline.com/health/pcos-diet?s_con_rec=true&r=1#Overview1