

A Guide to PCOS – What Every Exercise Professional Needs to Know

Polycystic Ovary Syndrome (PCOS) is the most common endocrine disorder in women, affecting an estimated 12-21% of Australian women of reproductive age. Around 70% are undiagnosed. Once thought of as just a fertility problem, it is now known that PCOS is a metabolic disorder with serious health consequences including an increased risk of type 2 diabetes, metabolic syndrome and cardiovascular disease. Lifestyle modifications including diet, exercise and weight loss are recommended as the first line of treatment for women with PCOS. By understanding the pathophysiology and management of PCOS, and the importance of physical activity, exercise professionals can play an important role in helping these women to manage their condition.

This course explores the following topics:

- ▲ What is PCOS?
- ▲ Symptoms
- ▲ Diagnosis
- ▲ Link with insulin resistance and its implications
- ▲ Health risks including diabetes and cardiovascular disease
- ▲ Management – lifestyle and medical
- ▲ Australian PCOS Evidence Based Guidelines
- ▲ Role of diet and current dietary recommendations
- ▲ Role of exercise and current exercise recommendations

Upon successful completion, course participants will:

- ✓ Understand the pathophysiology of PCOS
- ✓ Be aware of the common symptoms of PCOS and how it is diagnosed
- ✓ Be able to explain the metabolic consequences and health risks of PCOS
- ✓ Understand the key management areas for women with PCOS
- ✓ Be familiar with the evidence-based guidelines for PCOS
- ✓ Recognise the importance of lifestyle intervention in the management of women with PCOS
- ✓ Be familiar with the current dietary and exercise recommendations for women with PCOS
- ✓ Appreciate the emotional health aspects of PCOS and how this may impact on the ability of a woman with PCOS to undertake lifestyle changes
- ✓ Be able to provide appropriate nutrition and exercise advice to women with PCOS

Course creator bio: Dr Kate Marsh is an Advanced Accredited Practicing Dietitian (Adv APD) and Credentialed Diabetes Educator (CDE), and the founder of the PCOS Health & Nutrition Centre. Kate has a particular interest in PCOS and completed her PhD at the University of Sydney with Professor Jennie Brand-Miller looking at the role of low GI diets in women with PCOS. She is the chair of the DAA PCOS Discussion Group and a member of the PCOS Alliance which has recently developed best practice guidelines for the management of PCOS in Australia. Kate frequently speaks to both dietitians and women with PCOS on the dietary management of PCOS, including lecturing to nutrition & dietetics students at the University of Sydney. She is co-author of The Low GI Guide to Managing PCOS and has published articles on PCOS in a number of nutrition and medical journals.

