

The cause of PCOS is not fully understood, but genetics may be a factor. PCOS seems to run in families, so your chance of having it is higher if other women in your family have it or have irregular periods or diabetes. PCOS can be passed down from either your mother's or father's side.

Source: WebMD

### DIAGNOSED EARLY

Early diagnosis and treatment can help control the symptoms and prevent long-term problems.

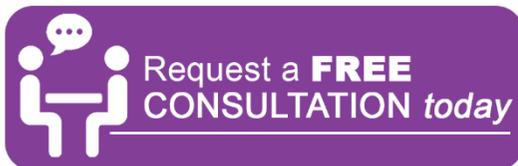
Regular exercise, healthy foods, and weight control are the key treatments for PCOS. Treatment can reduce unpleasant symptoms and help prevent long-term health problems.

Therefore, it's important to seek a healthcare team to regularly monitor your heart health and take immediate action to improve your health condition.

If you're concerned about PCOS, talk to us and we will share with you the necessary steps you can take to control or prevent long-term problems. This is especially important if you have a family history of PCOS.

### ACT NOW!

Talk to our healthcare team for more information and support to better manage your condition, find out more about how we can help.



Ronghua Health Recovery Centre is a one-stop diabetic healthcare management centre in Singapore that adopts an integrative holistic approach in preventing and managing diabetes as well as various chronic conditions.

This involves the use of personalized 12-week program to improve and maintain your overall well-being. Our treatment approaches: Goals setting, Assessment & Consultation, Alternative Medicine, Personalized Nutrition Plan, Personalized Exercise Plan, Stress Management, Education System and Healthcare Management.

For more information, please visit our website at [www.hrc.com.sg](http://www.hrc.com.sg).

Visit us at:

**Ronghua Medical & Recovery Centre Pte Ltd**  
133 New Bridge Road #B2-24  
Chinatown Point Singapore 059413

**Hotline: 6702 0818**



#### BY TRAIN

North East Line (NEL), Chinatown Station, Exit E  
Downtown Line (DTL), Chinatown Station, Exit G

#### BY BUS

New Bridge Rd (in front of Chinatown Point): 2, 12, 33, 54, 63, 124, 143, 147, 190, 520, 851, 961, 961C



## A 12-Week Program for Managing

### **POLYCYSTIC OVARY SYNDROME (PCOS)**



## PCOS AFFECTS 1-IN-10 WOMEN



### COMMON SIGNS AND SYMPTOMS

irregular periods excess facial and body hair severe acne small cysts in ovaries  
insulin resistance anxiety and depression infertility weight gain male pattern hair loss

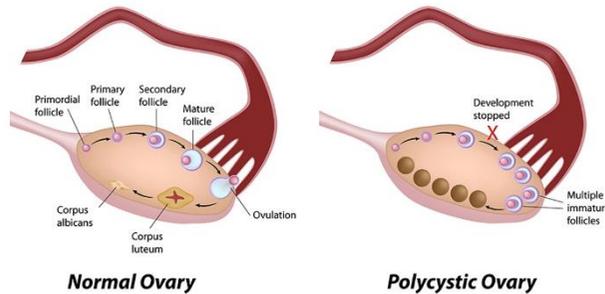
Three purple rounded rectangular boxes containing white text. The first box says "10% Women of childbearing age estimated to have Polycystic Ovary Syndrome". The second box says "50% Women with PCOS who will develop type 2 diabetes or prediabetes before age 40". The third box says "3X The increased risk of women with PCOS developing endometrial cancer".

# 12 WEEKS to a NEW YOU

BASED ON A SCIENTIFICALLY PROVEN PROGRAM

Polycystic ovary syndrome (PCOS) is a problem in which a woman's hormones are out of balance. It can cause problems with your periods and make it difficult to get pregnant. PCOS also may cause unwanted changes in the way you look. If it isn't treated, over time it can lead to serious health problems.

Most women with PCOS grow many small cysts on their ovaries. That is why it is called polycystic ovary syndrome. The cysts are not harmful but lead to hormone imbalances. There is no cure for PCOS, but controlling it lowers your risks of infertility, miscarriages, diabetes, heart disease, and uterine cancer.



### Medication

Your doctor may prescribe birth control pills to reduce symptoms, metformin to help you have regular menstrual cycles, or fertility medicines if you are having trouble getting pregnant. Our program compliments with your doctor's prescribed medications. We work together with your doctor to better manage your health condition.

### Diet & Nutrition

If you are overweight, weight loss may be all the treatment you need. A small amount of weight loss is likely to help balance your hormones and start up your menstrual cycle and ovulation.

Our registered dietitian will help you plan your meals and snacks - a balanced diet. A healthy diet that satisfies your hunger, decreases your craving, makes you feel better and have more energy.

### Exercise

Try to fit in moderate activity and/or vigorous activity often. Exercise can also help you lose weight too. You don't have to be a gym's member or buy expensive equipment to exercise. Exercise need not to be long hours. Our flexibility fitness plan will fit in nicely according to your busy schedule.

### Education

We will prepare you with the necessary knowledge and skills so that you can achieve the best possible control to stabilizing the condition, and other risk factors for developing the complications of PCOS.

### Stress Management

It can be hard to deal with having PCOS. If you are feeling sad or depressed, our psychologist will guide you on some relaxation techniques and methods to effectively relieve stress.

### Healthcare Management

You will be assigned under the care of a dedicated Healthcare Management Manager who will monitor your health conditions, to ensure you are on the right track. You can contact us anytime should you need any assistance, our professional team members will always be there to help.



### What you're getting:

You'll go through 3 phases and meet regularly with our physician, dietitian and exercise physiologist.

In total, you'll have a weekly appointments over the 12 weeks and receive:

#### Phase I:

- A health, diet and fitness assessment with goals setting
- Educational program
- Change & Stress Management

#### Phase II:

- Alternative medicine (if necessary)
- Personalized diet/meal plan
- Personalized exercise plan
- Advice, motivation and support (with a starter pack)

#### Phase III:

- Continuity of Phase II
- Monitoring and control
- Self management & care
- Evaluation & post assessment

**We DARE to guarantee!**  
Results for our 12-week program are guaranteed.

\* T&Cs apply

