Article published on February 23rd 2012 | Health

Though PCOS (Polycystic Ovarian Syndrome) is a fairly common conditionâ€”indeed, roughly ten percent of all women of childbearing age have itâ€”there is still a surprising amount of misinformation about precisely what it is, and how it is remedied.

For example, many women believe that the condition ends at menopause, and on many levels this line of thinking makes sense. After all, Polycystic Ovarian Syndrome (PCOS) is a condition that is typically associated with irregular menstrual cycles and with infertility, issues that become moot after a woman experiences menopause. But the problem with this thinking is that it assumes these to be the only symptoms of the conditionâ€”and indeed, that it assumes the condition to be solely a matter of the ovaries.

The truth of the matter is that this condition is much more complicated than all that, and that while some of its symptoms may be remedied by the onset of menopause, the basic underlying problem doesnâ€™t necessarily go away.

PCOS Isnâ€™t Just a Fertility Problem

The bottom line is that, while infertility is certainly a major symptom, this condition affects the womanâ€™s body in many other ways. At its heart itâ€™s not an ovarian condition so much as a hormona one, one with its roots in Insulin Resistance. When the body loses its ability to properly absorb glucose from the blood stream, it begins to produce an excess of hormones as a way of responding to the lack of insulin.

Insulin Resistance does not go away just because menopause begins, nor do all of its many symptoms go away. The hormonal imbalance can still be an issue, and, in fact, many of the symptomsâ€”including thing hair, baldness, and the risk of heart conditionâ€”actually get worse post-menopause.

A Better Way to Healthy Living

So rather than wait for menopause and hope it eradicates PCOS (Polycystic Ovarian Syndrome), women who suffer from this disorder are left with other optionsâ€”and fortunately, some of those options are good ones! Insulin Resistance is actually a wholly reversible condition. You can turn back its insidious effects simply by taking on greater nutritional habits and by exercising more. Both of these things will make a huge difference in eliminating the symptoms of this condition, helping you lose weight, and ultimately getting you feeling healthy and happy again!

The other thing a women suffering Polycystic Ovarian Syndrome (PCOS) might do is to look into the Insulite Labs supplements that are available. In particular, the PCOS System offers hormone-balancing effects that have been scientifically calibrated to reverse the condition. That means there is very much hope here, and, for women who properly educate themselves and take the precautions necessary to thwart the effects of the condition, no reason why PCOS has to be a problem through menopause.

Learn more about the subject of Menopause and Polycystic Ovarian Syndrome (PCOS) and how it could be affecting your ability to get pregnant, visit us on the web at http://pcos.insulitelabs.com.

Insulite Laboratories, a Boulder, Colorado USA based company, is committed to reversing Insulin

Resistance - a potentially dangerous imbalance of blood glucose and insulin. Scientific research has revealed that this disorder can be a primary cause of excess weight gain and obesity, plus Pre-Diabetes and Type 2 Diabetes. Insulin Resistance can also underlie the cluster of increased risk factors for cardiovascular damage called Metabolic Syndrome (Syndrome X) as well as PCOS (Polycystic Ovarian Syndrome) - a major source of serious conditions as well as heartbreaking female infertility.

Recognizing that there are millions of people who need this kind of systematic approach to reversing insulin resistance, Insulite Laboratories has, developed systems to address the underlying causes of Metabolic Syndrome, Polycystic Ovarian Syndrome (PCOS), Excess Weight/Obesity, Pre-Diabetes and Type 2 Diabetes.

Article Source:
http://www.articleside.com/health-articles/does-pcos-stop-at-menopause-the-answer-s-not-what-you-think.htm - Article Side

Adalhard - About Author:
For more information about a Insulin Resistance and research links to the National Center for Biotechnology Information (NCBI), PubMed Health, GenBank and more visit us at a http://pcos.insulitelabs.com.

Article Keywords:
Insulin Resistance

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!