

# Guide to PCOS & Metabolic Health

## What This Means

Polycystic Ovary Syndrome (PCOS) is not just a reproductive condition—it is primarily a metabolic and hormonal pattern driven by insulin resistance, inflammation, and androgen imbalance. While symptoms often show up in the ovaries and menstrual cycle, the root drivers usually extend far beyond the reproductive system.

Understanding PCOS through a metabolic lens helps explain why symptoms vary widely and why addressing blood sugar, insulin, and inflammation is essential for long-term health.

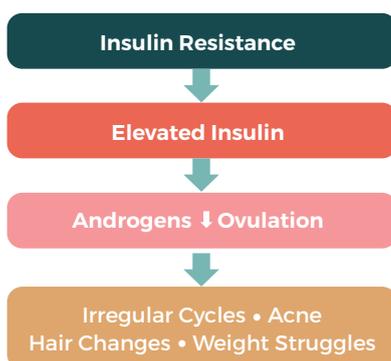
## Why PCOS Is Closely Tied to Metabolic Health

Insulin resistance is present in the majority of individuals with PCOS, regardless of body size. Chronically elevated insulin sends signals that:

- Increase androgen (testosterone) production
- Disrupt ovulation
- Promote estrogen imbalance
- Increase inflammation
- Make weight regulation more difficult

Without addressing metabolic health, hormone symptoms often persist or worsen over time.

## The PCOS Hormone– Metabolic Pathway



## How PCOS Affects Key Hormone Systems

### Insulin

- Drives androgen excess
- Impairs ovulation
- Promotes fat storage and inflammation

### Androgens (Testosterone)

- Elevated levels contribute to acne, hair thinning, or excess facial/body hair
- Increased aromatization can worsen estrogen imbalance

### Estrogen & Progesterone

- Irregular ovulation leads to low progesterone
- Estrogen may become unopposed, contributing to heavy or irregular cycles

### Common Signs of PCOS

- Irregular or absent menstrual cycles
- Acne or oily skin
- Excess facial or body hair
- Thinning scalp hair
- Weight gain or difficulty losing weight
- Sugar or carbohydrate cravings
- Fatigue or brain fog
- Fertility challenges

## Foundational Habits to Support PCOS & Metabolic Health

- Eat balanced meals to stabilize blood sugar
- Avoid extreme dieting or prolonged fasting
- Build lean muscle through strength training
- Prioritize sleep and stress management
- Support gut health and inflammation reduction



## Functional Medicine Takeaway

From a functional medicine perspective, PCOS is best managed by addressing insulin resistance, inflammation, and hormonal signaling together. Supporting metabolic health creates a more stable hormonal environment and improves both symptoms and long-term outcomes.

## When to Seek Additional Support

If symptoms of PCOS are present or worsening, individualized evaluation of insulin signaling, hormone patterns, inflammation, and nutrient status can help guide a personalized and effective care plan.



If you're interested in the recommended clinical-grade supplements, please email [howdy@medicalmavens.life](mailto:howdy@medicalmavens.life) and our team will send you a link for easy purchase. If you are a current Medical Mavens patient, your patient discount will automatically apply.

If you're not yet established with Medical Mavens and would like to get scheduled, visit [www.medicalmavens.life](http://www.medicalmavens.life)

and click [Schedule Now](#)

