

# PCOS Guide

Dr Emmaunuel L Yanthan MS (OB-GYN)



Topic	<b>Understanding PCOS: A Friendly Guide</b> <i>(Empowering You with Clarity, Compassion, and Care)</i>
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## You're Not Alone

If you've been feeling confused, frustrated, or even a little lost after hearing the words “*You have PCOS,*” take a deep breath.

You're not broken. You're not failing. And you're definitely not alone.

Polycystic Ovary Syndrome (PCOS) affects 1 in 10 women in India—many of whom, like you, are searching for answers that actually make sense.

This guide is your first gentle step toward understanding, managing, and thriving—with the right support.

## What Exactly Is PCOS?

PCOS is not just a “period problem.” It's a hormonal and metabolic condition that can affect:

- Your cycle (irregular, heavy, or absent periods)
- Your skin (acne, excess hair, or hair loss)
- Your mood (anxiety, low confidence, or fatigue)
- Your long-term health (insulin resistance, weight challenges, or fertility concerns)

But here's the good news: PCOS is manageable—especially when you partner with a clinician who *sees you*, listens deeply, and creates a plan *just for you*.

## The 4 Common Types of PCOS

Not all PCOS looks the same. Knowing your type is the key to effective care:

1. Insulin-Resistant PCOS – The most common (70%). Linked to blood sugar imbalances.
2. Inflammatory PCOS – Driven by hidden inflammation (gut health, stress, or environmental triggers).
3. Adrenal PCOS – Triggered by chronic stress and cortisol imbalances.
4. Post-Pill PCOS – Temporary disruption after stopping birth control pills.

*Understanding your type helps avoid guesswork—and wasted time.*

## What Doesn't Help (But Everyone Suggests Anyway)

“Just lose weight.”

“Take this random supplement.”

“It’s normal—just live with it.”

PCOS deserves better. And so do you.

## Your Next Step: A Conversation That Cares

If you're tired of Googling symptoms or feeling dismissed, we're here to listen—without judgment.

At our clinic in Nagaland, we offer:

- Comprehensive PCOS assessments (including pelvic ultrasound using Voluson S8)
- Holistic care plans blending clinical + wellness strategies
- Ongoing support—because healing isn't a one-time visit

👉 Book a 1-on-1 PCOS Clarity Session

A safe, private space to ask your questions, understand your body, and build a plan that *actually works* for your life.

[Call/WhatsApp us today to schedule](#)



## You Deserve More Than a Diagnosis—You Deserve Partnership

PCOS may be part of your story—but it doesn't define you.

With the right support, you can regain balance, confidence, and joy in your body again.

We're honored to walk this path with you.

—

Dr. Emmanuel L. Yanthan MS OB-GYN

📍 Rainbow Colony, Burma Camp, Dimapur

☎ [\[+91 93660 92897\]](tel:+919366092897) | 🌐 [\[www.evitagynecarehospital.com\]](http://www.evitagynecarehospital.com)

*Ethically designed care • Evidence-based practice • Compassionate communication*

P.S. This guide is free—but your peace of mind is priceless. If even one sentence resonated, reach out. Let's turn confusion into clarity—together.

Evidence-based care—backed by FOGSI and RCOG guidelines—combines:

- ✓ Medical evaluation (hormone + metabolic panels)
- ✓ Personalized nutrition & lifestyle support
- ✓ Emotional & reproductive health guidance