

# **Are Hormone Problems Driving Women Crazy?**

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Let this article be a wakeup call for the millions of women who are suffering from some type of hormone problem.

Our Obstetricians, (OB) doctors, tell us our hormones are out of whack but never give our condition a name. Why is this? Is it because they feel that if we knew the name of our condition, then we would be in a position to conduct research and even heal ourselves?

Since the beginning of time doctors has only shared a small percentage of information with their patients - just enough to keep us coming back for more. They will put us on some type of medication then tell us to come back if that one doesn't work. Eventually this type of treatment makes us feel like "guinea pigs."

For those of you who don't think the pharmaceutical industry is big business, get your head out of the sand.

It is important for women to be in tuned with their bodies and take a proactive role in any and all type of healthcare because the pharmaceutical industry have formed an alliance with medical professionals to keep patients on medications. Medications even "over the counter" or "prescribed" can cause your organs to become clogged, turn hard and even give out. These medications can certainly cause your body or hormones to become out of whack.

I recently ran across a female condition while watching the learning channel on a show called "Medical Mysteries." The condition was called "Polycystic Ovary Syndrome (PCOS)" which 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 may also cause unwanted changes in the way you look. If it is not treated, over time it can lead to serious health problems, such as diabetes and heart disease.

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.

PCOS seems to run in families, so your chance of having it is higher if other women in your family have PCOS, irregular periods, or diabetes. PCOS can be passed down from either your mother's or father's side.

What is alarming about this condition is that it's estimated that 1 out of every 15 women suffer from it and one of its' major symptoms are "depression."

Other symptoms includes: 1) Thinning hair on the scalp, 2) Acne, 3) Extra hair on the face and body (chest, belly, back, etc.), 4) Weight gain and trouble losing weight, 4) Irregular periods (Some women have no periods and others have very heavy bleeding, 5) Fertility problems where many women will have trouble getting pregnant.

Having any of these symptoms can be devastating especially since it begins in the teen years when most girls already have a hard time with self-esteem. For a large number of these teens, many of these self-esteem issues will follow them into adulthood and keep them from reaching their full potentials.

To diagnose PCOS, the doctor will: 1) Ask questions about your past health, 2) Conduct a physical exam to look for extra body hair and high blood pressure, 3) Check your height and weight to see if you have a healthy body mass index , 4) Conduct a pelvic ultrasound to look for cysts on your ovaries, 5) Conduct a number of lab tests to check your blood sugar, insulin, and other hormone levels. Hormone tests can help rule out thyroid or other gland problems that could cause similar symptoms.

Medicines to balance hormones may also be used especially birth control pills, diabetes medications and fertility medications if you are trying to get pregnant.

Most women have always known that having thyroid problems or being on birth control pills can cause them to gain weight and make it harder for them to lose weight. Now it seems that PCOS could be a major culprit of this unwanted weight gain especially since 1 out of 15 women and girls might suffer from it.

I suspect PCOS, like diabetes, is one of those conditions that is hard to detect. But what we need to understand is that 90% of all the diseases that people are suffering from are “diet-related.” Therefore, regular exercise, healthy foods, and weight control will be key in treating and controlling any symptoms of any condition. No matter what condition you are suffering from, living a healthy lifestyle will help lower blood pressure and cholesterol and reduce the risk of diabetes and heart disease. In other words, living a healthy lifestyle will be key for those who want to reach their full potential.

The goal is to eat right, get plenty of sleep and engage in some type of moderate and vigorous activity on a regular basis. Walking is a great exercise that most people can do. Sometimes just losing 10 pounds can lower any symptom for most diseases especially diseases brought on by being overweight.

With 70% of African American women heading up households, having our hormones out of whack can be hard for women in the workplace since depression is already the number one condition that women are suffering from. Now at least we can start to understand ourselves since having PCOS might be what is causing us to be depressed in the first place.

Everyone should seek out healthcare professionals but they should also stay proactive about their own treatment. They should find out the name of their condition and conduct

their own research so they can learn how to cure the condition or keep it under control, so they can live a productive and fruitful life.

Two good websites to conduct health research are [Wedmd.com](http://Wedmd.com) and [BlackDoctor.org](http://BlackDoctor.org). Also check out *"The Top 12 Steps to Take To Start Feeling Better in 30 Days"* (<http://www.howtotakecontrol.com/series3.html>).

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