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The PCOS* Protection Plan: How to Cut Your Increased Risk of Diabetes, Heart Disease, Obesity, and High Blood Pressure

Colette Harris, Theresa Cheung

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Do you struggle with your weight? Have irregular periods (or none at all)? Get acne? Notice thinning hair? Or do you have to deal with unwanted facial and body hair? If you have any of these problems, the chances are fairly good that you have PCOS (polycystic ovary syndrome), along with one in ten women.

We now know that women with PCOS are more likely to get diabetes, heart disease, high blood pressure, and obesity and its related health problems; and research is currently linking PCOS to a host of other health complications as well. And while you might see this as a frightening glimpse into the future, at least women with PCOS can look future health risks in the eye and then do something right now to reduce them instead of never knowing what could be around the corner.

That something is the *PCOS Protection Plan,* an action plan written *by* women with PCOS *for* women with PCOS—to help you take control of your health so that you can significantly reduce the risk of serious health conditions.

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