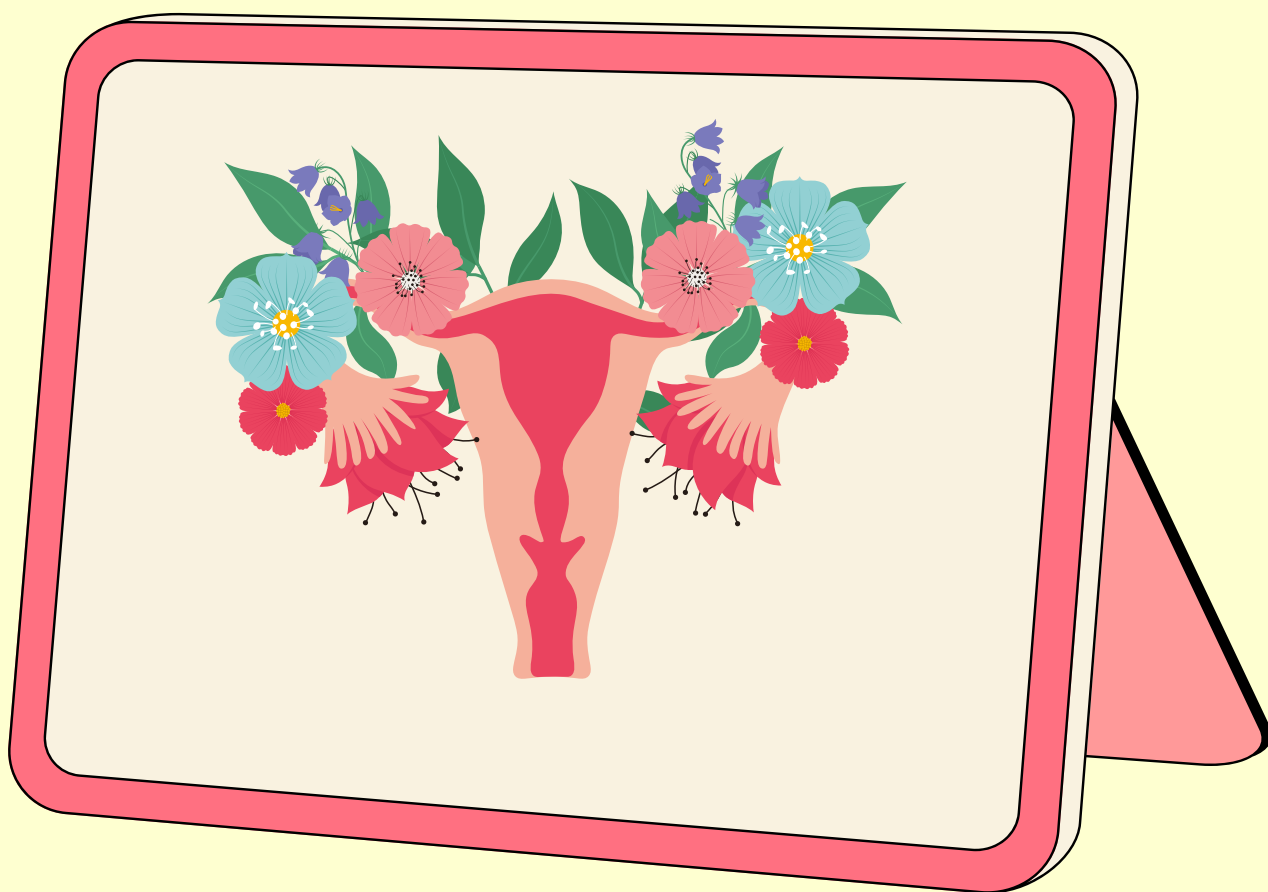


Getting Diagnosed with PCOS

Here's how to get the most out of your PCOS diagnosis



PCOS LOOKS DIFFERENT **FOR EVERYONE**

PCOS can take AGES to get diagnosed...

Many cysters have to go to multiple doctors to get a proper PCOS diagnosis. There are common misconceptions - like if your period is regular, you don't have PCOS or if you don't have cysts, you don't have it.

But this is false! According to the Rotterdam Criteria, having any 2/3 of these factors could mean that you have PCOS.

Do you have:

- 1) Irregular periods**
- 2) Polycystic ovaries**
- 3) Hyperandrogenism**

You can still have PCOS even if you get regular periods!

YOUR PCOS BLOOD LAB

GUIDE:

Save this for your next doctor's appointment! A great way to find out what type of PCOS you have is through blood labs! This is a great way to track your health and progress in a non-weight related way!

Thyroid Pannel

**TSH, FREE T3, FREE T4,
TPO, TGAB**

Blood Sugar

**INSULIN, FASTING
GLUCOSE, HGB A1C**

Inflammation

**C-REACTIVE PROTEIN,
CORTISOL**

Iron Pannel

**IRON, FERITIN, TIBC,
TRANSFERRIN**

Nutrients

**VITAMIN D, B12, A,
ZINC, MAGNESIUM**

Basics

**LIPID PANNEL, CBC,
CMP**

Hormones

**FREE & TOTAL TESTOSTERONE, DHEA-5,
PROLACTIN, ESTRADIOL,
PROGESTERONE**

NEXT STEPS AFTER

DIAGNOSIS:

Going through the diagnosis process can be super stressful and overwhelming, especially the bit after being told you have PCOS - so how can you make it easier for yourself?

To get the best out of your PCOS diagnosis, it's super important to create a management plan with your PCOS coach since it requires a lot of consistency and commitment to understand your hormones better.

This means:

- Taking time to heal your gut
- Learning to develop a better relationship with food
- Understanding which foods can create sensitivities for you
- Learning to love exercise without overdoing cardio
- Prioritising daily self care
- Practising body positivity
- Keeping your cortisol levels low by managing your stress

and so much more!

COACHING AT FITNESSWITHKEISHA

FITNESSWITHKEISHA COACHING IS NOT A SHORT TERM DIET PLAN - WE FOCUS ON A LIFESTYLE CHANGE TO HELP YOU CREATE A SUSTAINABLE WAY TO REACH YOUR PCOS AND FITNESS GOALS.

WE AIM TO HELP TEACH YOU ABOUT YOUR PCOS AS WELL AS WAYS TO MANAGE YOUR SYMPTOMS THROUGH A HOLISTIC WAY.

PCOS ISN'T "BAD"

IT IS:

POWERFUL

CONFIDENT

OPTIMISTIC

STRONG

