

Creating Understanding on Silent Metabolic Disorder PCOD in Working Women of Isanpur Town: An Initiative for Women Empowerment

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Abstract

PCOD which is known to mean many cysts forming ovarian disease a metabolic issue affecting many women's these days. Working women having hormonal alteration or other factors like psychological factors like stress, environmental and psycho-social factors might be in charge for PCOD. The observational signs like delayed menstruation period, acne on face during menstrual cycle, anxiety, irritating nature, excessive hair growth particularly observational at chin, dark patches on skin. The cases of women suffering from PCOD are increased in last few years and so as the research on management options for it. But very less work has been done till date on the subject of creating awareness on it in India. As the number of cases increasing day by day there is dire need to spread awareness in general population regarding its causes, symptoms and available management options so the people can become proactive instead of becoming reactive to PCOD cases. The current pilot scale study performed with such initiative to assess the awareness about PCOD and menstrual hygiene in working women who are considered main target population. A well-designed questionnaire was prepared by physician and clinical pharmacist to assess the awareness in target population. Percentage analysis was used for analysis of the study. The result was 26% of women having irregular periods. Major findings for this abnormal result are indicating 13% were having skin pigmentation and acne, 18% having abdominal pain, 4% having hair growth on chin during the abnormal cycle phase which suggests proper clinical consultation regarding their abnormal menstrual cycle is required. Only 1% of participants have consulted medical practitioners and conferred that they are having PCOD. This result indicated a dire need for creating awareness in general population is must.

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Introduction

Polycystic ovary disease (PCOD) is one of the silent metabolic issues which prevailed in one in 10 women of childbearing age. The disturbed hormonal cycle and metabolism are directly or indirectly correlated with the cases of PCOD. Many recent studies have been implicated with PCOD leading to difficulty in pregnancy conceiving or may lead to infertility [1-3]. As far as current cases and incidences of PCOD it may be considered as a challenging metabolic health issue that might create an obstacle to

our health care systems of India. The number of new approaches for pregnancy conceiving in metro cities like in-vitro techniques are also indirect suggestions of women with disturbed hormonal cycles. The research work since last 100 years on PCOD is suggested regular public education and creating consciousness on clinical features by keeping Indian women as target population especially in the rural areas of the country. If we compare the clinical features of this disease it is most complicated and least understood till date. There are many research works focusing on the clinical complications and its management in recent times [1,2,4].

Clinical Features of PCOD

There are general observational clinical parameters which even a general population can identify and initiated for medical consultation. Disturbed menstrual cycle for more than six months, increasing hunger due to insulin resistance or mostly due to obesity, abnormal hair growth on chins, skin pigmentations after scaling of acne, the appeared acne are identical for delayed periods, hair fall, laziness, mood swings during delayed cycle phases, irritating nature based of cardiac rhythm, and may be many more which might be remain un observable [1,2,4-8].

Management

Many synthetic versions of hormones are supplemented for the management of cases of PCOD. But the synthetic version may make the system of dependent of it and does not allow system to realize the importance of balancing hormones as per homeostatic demand. Long term hormonal treatment may also be having many pros and cons to be considered. On the other hand, many surgical newer options are also being implemented for the management of PCOD. If management is concern currently many herbal formulations are also being planned and under trial for used in cases of PCOD. But major obstacle for implementing alternative system of medicine the patience compliance and self-mediations are prime obstacles in recent timings.

Why Awareness study? As PCOD is a type of metabolic health concern because of current timing hectic schedule and quality of life and social and economic aspects are affected more in these cases. Regular level awareness programs in general working population it may be men or women may help people to become proactive towards such health issues. This kind of study can helpful in communicating information regarding menstrual hygiene and PCOD together. Currently no such kind of community awareness initiatives in menstrual hygiene and PCOD together being carried out. The country demand contribution from every community pharmacist to support for build up the healthy India nation [3,8-11].

Methodology

The questionnaire based survey method which is mainly emphasizing on creating awareness and assessment on menstrual hygiene and PCOD. The questionnaire under the management

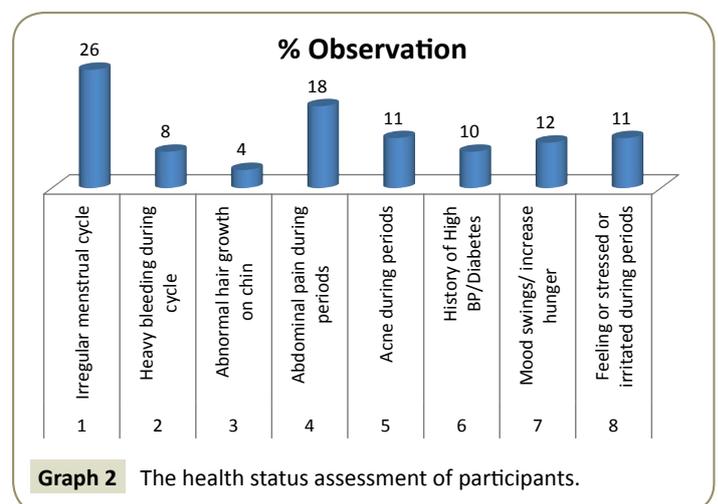
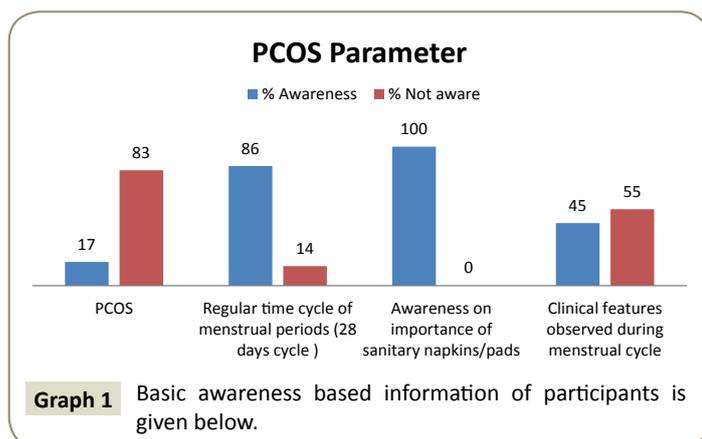
of medical practitioner clinical pharmacist was prepared with objective of assessing basic level broad in sequence towards menstrual hygiene and PCOD. The data were analyzed by percentage analysis. The consent of every general population before communication is received. Target population for study was between 18-40 years of age and working in any occupation from Isanpur town.

Results and Discussion

From the study it was observed that there were 26% of participants having disturbed menstrual cycle. 18 % were aware about the PCOD out of which 1 % is already consulted a medical practitioner and conferred that she is having PCOD. The participant answered positive for awareness on PCOD is belongs to those participants who are graduate and working in education system. The other critical observational response were 8% from disturbed periods were having heavy menstrual bleeding. The other study results are mentioned in below **Graph 1**.

In above mentioned results educated background (graduates) participants responded they were aware about the PCOD. The positive aspect was all participants were very much aware about the importance of sanitary napkins and pads use for menstrual cycle. The participants responded their health-related status with respect to the questionnaire was mentioned in given below **Graph 2**.

From the above-mentioned results, it was clear that target population were clear regarding the importance of menstrual hygiene. The participants were aware about the basic sanitary requirements and its usefulness. The participants were not that much aware about the PCOD concept and its clinical parameters. The participants also not clear regarding the disturbed menstrual cycle and its causes or solutions. From above mentioned study it was concluded that there are cases presence for menstrual cycle disturbances but its correlation with PCOD or any other factors needed to be studied through channelized way. Regular and affordable medical check-up at working organizations may help up improving health status of working women. Regular awareness sessions like this may benefit working women to remain update regarding existing menstrual cycle disorders or complications.



Conclusion

In conclusion, PCOD is a physical condition, which affects many women in today's society. Because 1/10 and 1/20 women of childbearing age have PCOD, it is very important that women are glowing knowledgeable. Even though this affects as many as 5 million women in the United States (US), it is amazing that can be treated by your primary health care (PHC) physician. Though,

maintaining a healthy and energetic lifestyle might decrease the chance of rising this condition.

Acknowledgments

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