

**CREATING AWARENESS ON SILENT METABOLIC DISORDER PCOS IN WORKING
WOMEN OF VAPI TOWN: AN INITIATIVE FOR WOMEN EMPOWERMENT**

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ABSTARCT

PCOS which is known as polycystic ovarian syndrome is a metabolic issue affecting many women's these days. Working women having hormonal imbalance or other factors like psychological factors like stress, environmental and social factors might be responsible for PCOS. The observational symptoms like delayed menstruation period, acne on face during menstrual cycle, low mood, irritating nature, increase hair growth especially observational at chin, dark patches on skin. The cases of women suffering from PCOS 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 regarding 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 become reactive to PCOS cases. The current pilot scale study performed with such initiative to assess the awareness about PCOS 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 24 percentages of women having irregular periods. Major findings for this abnormal results are indicating 13 % were having skin pigmentation and acne, 17 % having abdominal pain, 5% 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 confessed that they are having PCOS. This result indicated a dire need for creating awareness in general population is must.

KEYWORDS: PCOS, acne, menstruation period, clinical pharmacist, awareness.

INTRODUCTION

Polycystic ovary syndrome (PCOS) 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 PCOS.^[1,2] Many recent studies have been implicated with PCOS leading to difficulty in pregnancy conceiving or may lead to infertility.^[1,4,5] As far as current cases and incidences of PCOS 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 indirectly suggestive of women's disturbed hormonal cycle.^[1-6] The research work since last 100 years on PCOS is suggested regular public education and creating awareness on clinical features by keeping Indian women as the target population especially 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 for many research works are focusing on the clinical complications and its management in recent timings.^[1-3]

Clinical features of PCOS: 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 pigmentation after scaling of acne, the appeared acne are identical for delayed periods, hair fall, laziness, mood swings during delayed cycle phases, irritating nature based on circadian rhythm, and may be many more which might remain unobservable.^[1-5]

Management: Many synthetic versions of hormones are supplemented for the management of cases of PCOS. But the synthetic version may make the system dependent on it and does not allow the 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 PCOS. If management is concern currently many herbal formulations are also being planned and under trial for used in cases of PCOS. But major obstacle for implementing alternative system of medicine the patience compliance and self medications are prime obstacles in recent timings.^[1-3]

Why Awareness study? As PCOS is a type of metabolic health concern because of current timing hectic schedule and quality of life and social and economical 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 PCOS together. Currently no such kind of community awareness initiatives in menstrual hygiene and PCOS together being carried out. The country demand contribution from every community pharmacist to support for build up the healthy India nation.^[1-8]

METHODOLOGY

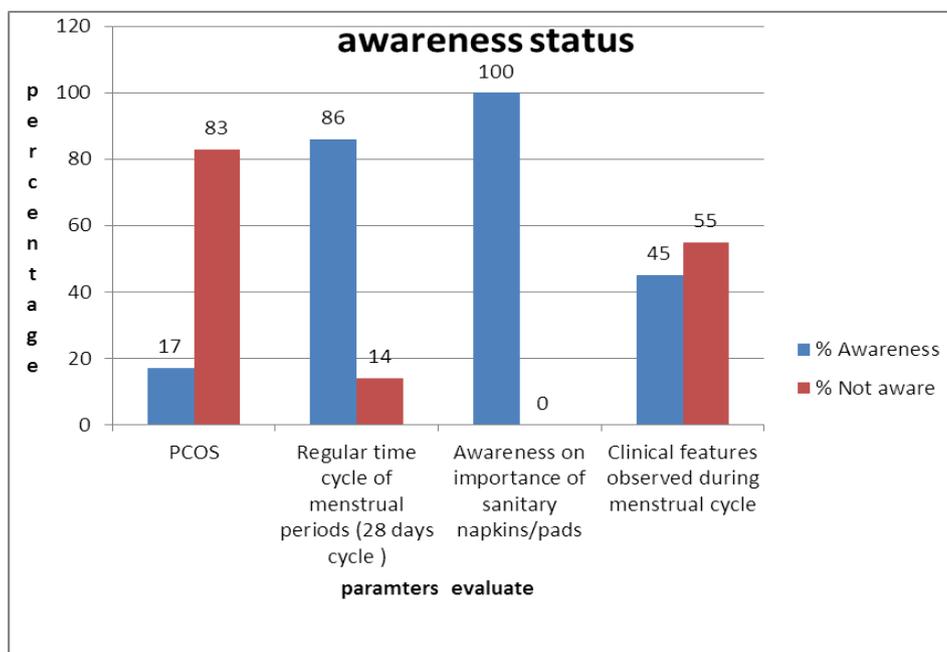
The questionnaire based survey method which is mainly emphasizing on creating awareness and assessment on menstrual hygiene and PCOS. The questionnaire under the guidance of medical practitioner clinical pharmacist was prepared with objective of assessing basic level general information towards menstrual hygiene and PCOS. 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 Vapi town.

RESULTS AND DISCUSSION

From the study it was observed that there were 24 % of participants having disturbed menstrual cycle. 14 % were aware about the PCOS out of which 1 % is already consulted a medical practitioner and conferred that she is having PCOS. The participant answered positive for awareness on PCOS is belongs to those participants who are graduate and working in education system. The other critical observational response were 10 % from disturbed periods were having heavy menstrual bleeding. The other study results are mentioned in below table 1.

Table 1: Basic Awareness based information of participants is given below.

Sr. No.	Parameters	% Awareness	% Not aware
1	PCOS	14	86
2	Regular time cycle of menstrual periods (28 days cycle)	80	20
3	Awareness on importance of sanitary napkins/pads	100	00
4	Clinical features observed during menstrual cycle	40	60



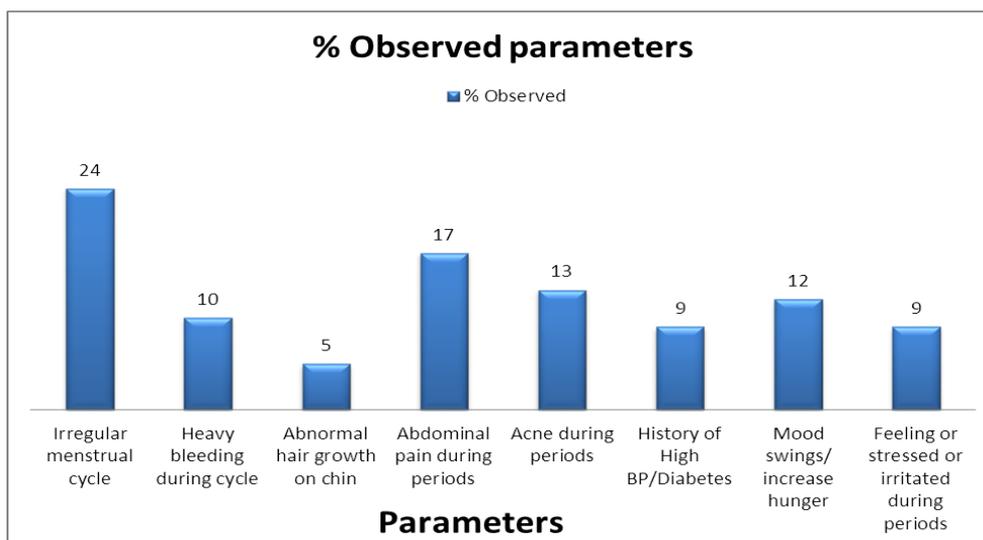
Graph 1:- PCOS Parameter and its awareness in the population.

In above mentioned results educated background (graduates) participants responded they were aware about the PCOS. 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 table 2.

Table 2: The health status assessment of participants.

Sr. No.	Parameters	% Observed
1	Irregular menstrual cycle	24
2	Heavy bleeding during cycle	10
3	Abnormal hair growth on chin	05
4	Abdominal pain during periods	17
5	Acne during periods	13
6	History of High BP/Diabetes	09
7	Mood swings/ increase hunger	12
8	Feeling or stressed or irritated during periods	09

**Graph 2:- PCOS Parameter and its observed parameters in the population.**

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 PCOS 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 PCOS or any other factors needed to be studied through channelized way. Regular and affordable medical checkup 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.

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