

## **Case of PCOS with Infertility**

**By Gabrielle Traub**

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32 y/o female with PCOS. PCOS is hereditary in my father's side of the family. Since menarche only get period every 3-4 months. The first 2-3 days of my period I get stomach pain, body pain and feel very tired. I get pain in my calf muscles, back pain, mood swings and pimples on my face. Menses: dark, clotted, painful.

I suffer from headaches. The pain is at the back of my head. They come on after periods of intense concentration and are worse for sitting. I get dandruff (worse in summer or if the weather changes) accompanied by hair loss and scarring acne. (Both are hereditary). After moving to the US 1.5 years ago I developed hypothyroidism. My symptoms are pain in calf muscles, fatigue, mood swings. I have pain in my feet and upper back, on either side of my spine after standing all day at work.

Taking synthroid for thyroid however it's not yet under control. Took Yaz for many years to regulate my periods.

Family history of diabetes. She has high cholesterol (triglycerides).

Food cravings: Chocolate, spicy food, salt, lemon, tart, chips, fries.

Aversion to raw food.

I enjoy listening to music, spending time with my husband, browsing online.

I feel best in cool weather. Hot weather can cause wheezing.

She is an Indian woman and got pregnant out of wedlock. Her family sent her away to have the baby and forced her to give the child up for adoption. She never told anyone about the child. In traditional India this is a big taboo. Years later she got married. Eventually she told her husband, who also told his mother. They were deeply affected by this news. Her husband felt deceived and disappointed. He was upset that his family were never told and that his baby with her wouldn't be her first. Her husband eventually forgave her, however her mother-in-law still holds it against her. Her husband and his mother are extremely close, however there is a lot of tension between her and her mother-in-law. Now she is having

difficulty getting pregnant. Everyone is putting pressure on them to have a baby. She is already 33 and everyone is asking why she isn't pregnant yet. Her husband also has hypothyroidism and low testosterone. I've ended up treating him as well.

I have a lot of guilt about giving the baby up for adoption. I feel like I did something terrible wrong. I constantly think about the child that I lost.

Sleep: disturbed. Tired on waking.

Digestion: Lots of burping.

I love my work, but my boss gives me a very hard time. I get irritated, angry. I feel better talking to my husband. I get very angry when I'm criticized or reprimanded. I worry about my health a lot. I worry about not being able to have children. I'm sensitive emotionally.

Remedy: