

Introduction

Polycystic Ovarian Syndrome (PCOS) is the most common endocrine disorder that affects women of reproductive age. When I received my own diagnosis at the age of twenty-five, I had no idea at the time how much this diagnosis would change me, my clinical practice, and how much it would impact my own fertility journey in the future. I made it my personal mission to understand everything I could about the condition. As my clinical practice and patient base grew, I found myself becoming even more curious about PCOS and the best approach to treating it.

When we were ready to start a family, it became personal, and I was ready for the tough road ahead. My husband and I started trying to conceive just after I turned thirty. From start to finish, it took us well over a year to conceive our first baby and see those magical two pink lines on a home pregnancy test. This included first trying naturally at home, several failed rounds of letrozole, one cancelled IVF due to COVID-19, one difficult egg retrieval, and a successful frozen embryo transfer.

My goal in writing this book is to educate more women on the subject and to help those with PCOS manage it naturally. For those who are thinking about or currently having difficulty becoming pregnant, I want to support you on your fertility journey toward ultimately achieving a healthy pregnancy and baby.

I hope this book brings clarity and assists you in feeling your best. Get comfy in your favourite reading chair, and let's get started.