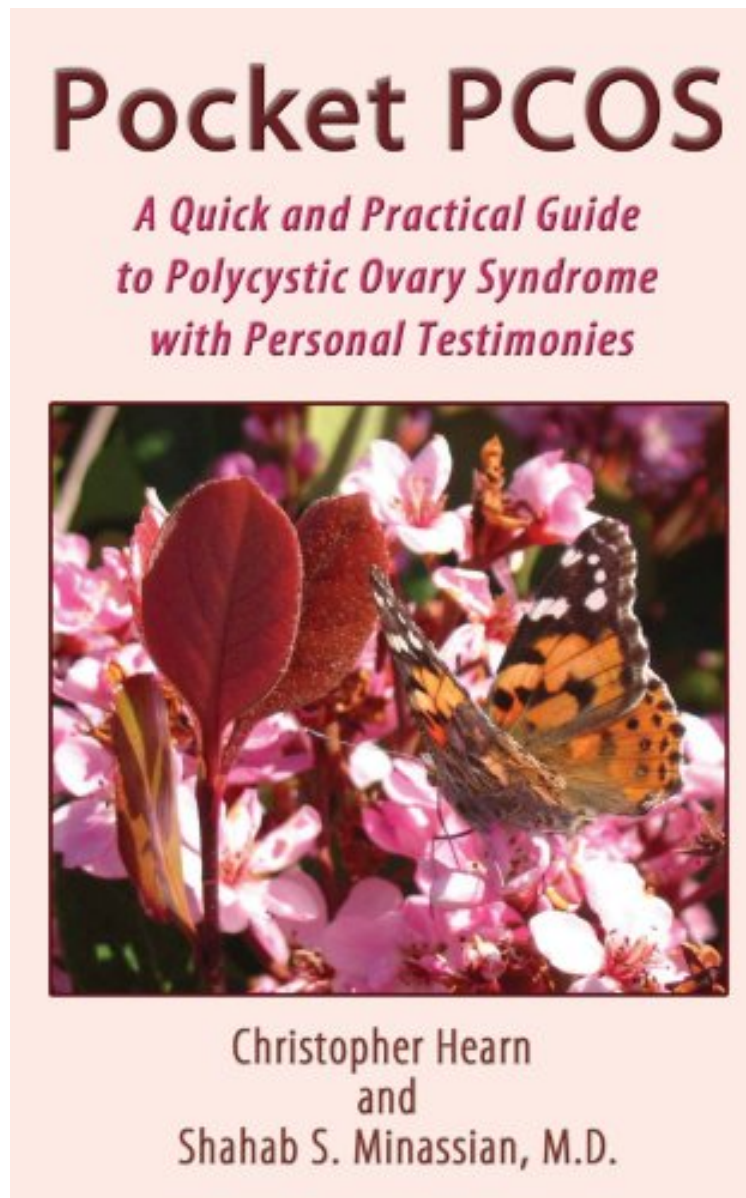


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Pocket PCOS: A Quick and Practical Guide to Polycystic Ovary Syndrome with Personal Testimonies

Christopher Hearn

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Christopher Hearn : Pocket PCOS: A Quick and Practical Guide to Polycystic Ovary Syndrome with Personal Testimonies before purchasing it in order to gage whether or not it would be worth my time, and all praised Pocket

PCOS: A Quick and Practical Guide to Polycystic Ovary Syndrome with Personal Testimonies:

Are you a woman who suffers from one or more of the following? 1. Abnormal hair growth? 2. Excess weight? 3. Infertility? 4. Irregular or erratic menstrual cycles? 5. Do you feel like no one understands what is going on with your body, including your own doctor? If so, then you may have PCOS. What is PCOS? PCOS stands for Polycystic Ovary Syndrome and affects approximately 10% of women in the United States who are between the ages of 15 and 69 (10.5 million people). Why should I read this book? 1. Educational. "Pocket PCOS" aims to help educate and empower women who have the disease, along with their spouses, family members and friends. 2. Hopeful. While being honest and realistic, another main goal of "Pocket PCOS" is to give hope. While there is currently not a cure for PCOS, Mr. Hearn and Dr. Minassian show women how they can treat and manage the symptoms that come with having the disease. 3. Informal writing style. "Pocket PCOS" treats women with honesty and respect, writing directly to you, a woman who has PCOS. 4. Medically solid- Dr. Shahab S. Minassian is a leader in treating women with the disease. 5. Packed with resources- "Pocket PCOS" includes lists of other books and websites where you can go to receive more information and further help. 6. Personal testimonies. The book includes personal testimonies from seven different women who have PCOS. These women's testimonies help to make PCOS real and personal. At times you may feel hopeless as you struggle with PCOS, but through "Pocket PCOS", Mr. Hearn and Dr. Minassian want to encourage you to have hope and remember that you are not alone. There is strength in numbers. You can make it.

About the Author Christopher Hearn has a Journalism degree from Point Loma Nazarene University. Shahab S. Minassian, M.D. is the Section Chief, Fertility and Reproductive Endocrinology at The Reading Hospital and Medical Center in Reading, PA. He is a staff physician with the IVF-Fertility Program at the Women's Clinic, Ltd. in Reading, PA. He also holds the title of Clinical Associate Professor of Obstetrics and Gynecology, Drexel University College of Medicine.