

**Impact of Nutrition Interventions on Symptoms of  
Polycystic Ovarian Syndrome (PCOS) among Women of  
Reproductive Age (20-45 Years)**

By

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## **80\_Recommendations**

The recommendation that emerge from the study may be focused on the following aspects

1. Reproductive age Women need to be educated on the importance of reproductive health. The co morbidities and Consequences associated with reproductive health issues like PCOS is invasive and awareness on these aspects help them very much to improve the Nutritional knowledge and Quality of their life.
2. The women community should be made to understand the symptoms and long term complications of PCOS and remedial measures including the role of Lifestyles and Diet modification, Weight management, Stress management and Physical exercise to alleviate the symptoms and complications need to be educated to Adolescent girls and Women of reproductive age.
3. Regular consumption of macro and micro nutrient rich foods in adequate quantity and quality is an effective sustainable way in promoting overall health status including reproductive health in regularising menstrual cycle, minimizing the complications and consequences of reproductive health issues like PCOS of women in reproductive age group.
4. Creating awareness, Stress relieving techniques such as Progressive muscle relaxation and mind relaxation techniques will be effective in reducing stress and anxiety
5. Encouraging daily physical activity for 30 minutes will be helpful in reducing the symptoms of PCOS.
6. The Education Institutions, Government and Nongovernment organisations, banking sectors and so on could arrange health check-up periodically. Nutrition Education sessions on importance of nutritious foods , optimum health especially the Women's health and Reproductive health issues and its effective management is appropriate , feasible and sustainable attempt in alleviating the symptoms of PCOS and in improving health status of the target population.