

Polycystic ovary syndrome (PCOS)

Arelhe-le aretye-ke

Pipe nhenhe akerte

Jean Hailes arelhe-ke health-le alengke-areme apmere-ke artweye areye ingkerrke Australia-enge ante alengke areme apmere, kwatye ante culture antwirrkeme mape. Anwerne respect-eme-ileme arrekwele-lenye, lyete-enge ante akwerrkerle-nge mape.

Warrke nhenhe mpwareke apurte-le Jean Hailes ante Alukura arelhe-kenhe Health Service CAAC Central Arrernte kenhe apmerenge.

Anwerne alengke-areme support ante warrke mpwareme NT Health-Primary ante Public Health-le Central Australia-enge.

Anwerne alengke-areme arelhe Mparntwe-arenye ante apmere arrpenhe arenye mape-le alpeme-ileke resource nhenhe mpwaretye-ke.



Areme-le Jeans Hailes www.jeanhailes.org.au

Areme-le Congress www.caac.org.au

Jeans Hailes arelhe-kenhe alengke areme Australian Government-le alpeme-ileme.

Contents

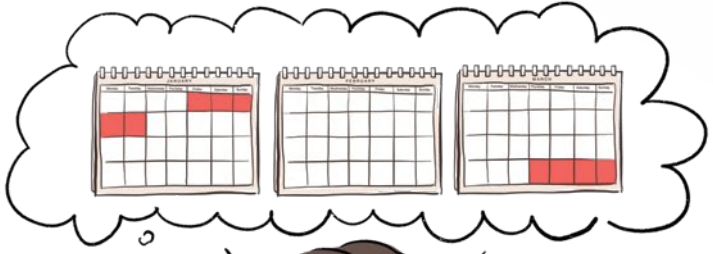
Iwenhe PCOS?	2
PCOS-le imerne-me	4
PCOS-le cause-eme-ileme health issues arpenhe mape arlke	6
Nthakenhe unte akaltye unte PCOS-akerte?	8
Atyepe-atyepe anetye-ke PCOS-akerte	10
Merne mwarre arlkweme-le....	12
Ingke untheme-le, gardening mpware-mele	18
Atyepe-atyepe weight	20
Merrithene	22
Itelhe-areme-le	24
Notes	26

Iwenhe PCOS?

PCOS-le ileme period
ngkwinhe:

- monthly inetye-akenhe
- monthly same time
inetye-akenhe
- arrangkwe inetye-akenhe.

1 in 5 arelhe ante TSI-le mape
PCOS-akerte.



PCOS-le imerne-me

PCOS-le cause-ileme:

- alte awethe lyapeme ikngerre-enge, atnerte ante artepe ngkwinhe-enge
- mpele-mpele
- alte atnyeme akaperte ngkwinhe-enge-tyele
- pule apenhe-irreme
- irrarre awelheme
- uyarne atnerte-atnerte irreme.



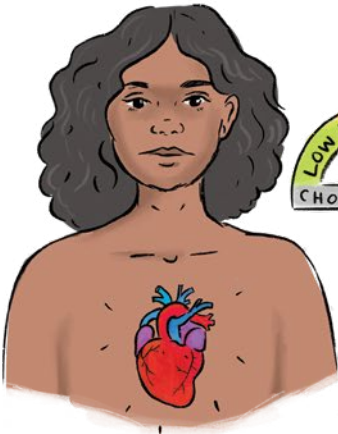
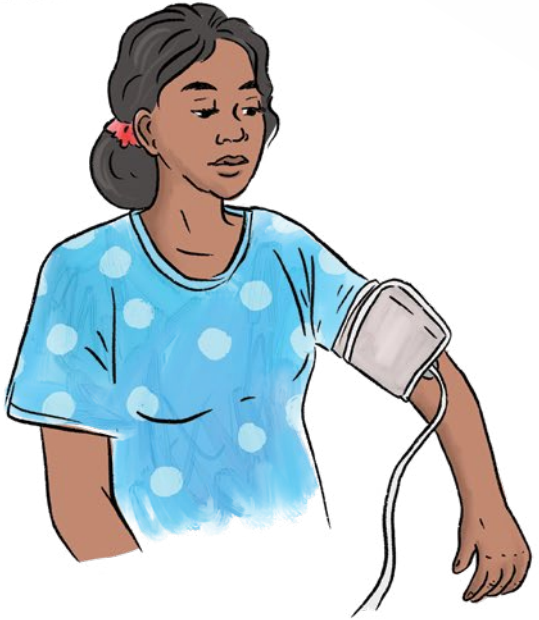
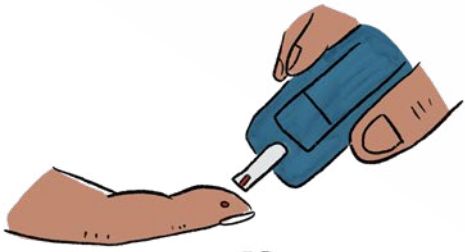
PCOS-le cause-eme-ileme health issues arrpenhe mape arlke

PCOS-le lead-eme-ileme akurne health conditions.

Alakenhe, unte apeke ineme:

- diabetes – ikwemeye akngerre alhwe-ngkwinhe-enge
- alhwe akernthe irreme – alhwe pump-irreme arnterre anthurre
- cholesterol akernthe-irreme – antere akngerre alhwe ngkwinhe-enge.

Alhwe akernthe irreme ante cholesterol akngerre irreme akurne urtakwerte ngkwinhe-ke.



Nthakenhe unte akaltye unte PCOS-akerte?

Angkaye health carer ngkwinhe-ke. Health carer ngkwinhe Dr, nurse, health worker apeke.

Itne:

- ngenhe lyakeme nthakenhe ngara unte period ngkwinhe ineme
- areme-le mpele-mpele-ke
- arlte awethe lyapeme ingnerre, atnerte ante artepe ngkwinhe-enge
- mpwareme-le Alhwe test.

Dr-le apeke areme ovaries ngkwinhe machine arritnye ileme ultrasound.



Atyepe-atyepe anetye-ke PCOS- akerte

Unte atyepe-atyepe aneme,
unte mwarre ileme ngkwinhe
symptoms ante health issues
arrpenhe mape ineme-ketye.

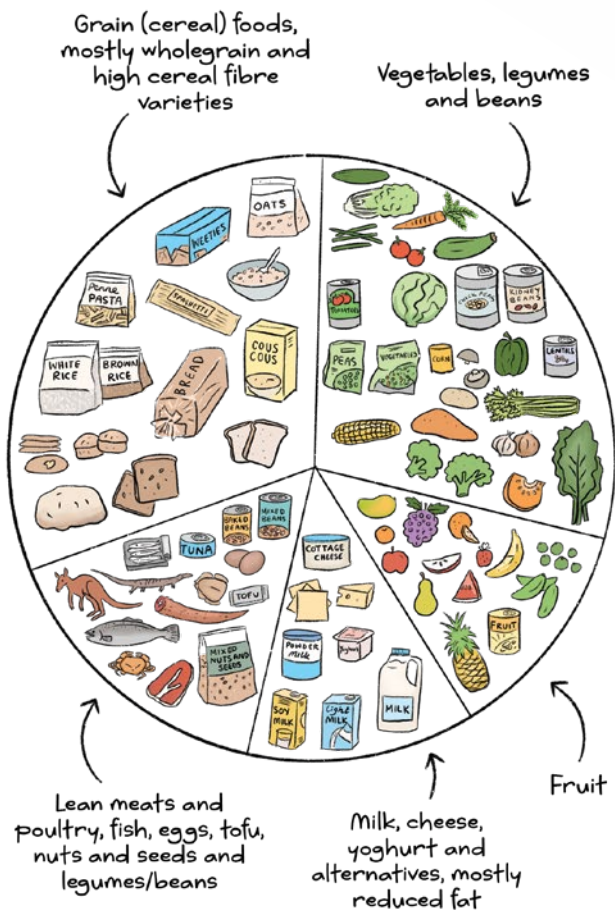
Unte:

- arkwetye-ke merne mwarre
- untheme-le aneme-le
- weight aparlpe ileme unte
ahentye aneme-le
- merrithene kwerne-imele unte
ahentye aneme-le.



Merne mwarre arlkweme-le

- 5 groups merne arlkweme-le akwethe arlte-le.
- Ahentye aneme-le merne whole grain akerte merne ante rice mperlkere.

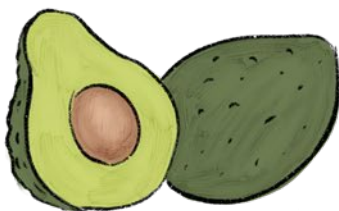
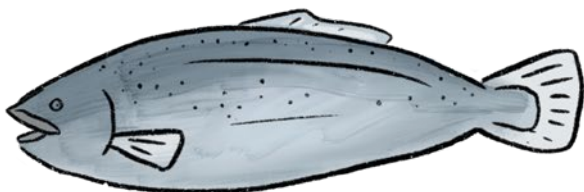


Based on material provided by the National Health and Medical Research Council.

Merne mwarre arlkweme-le

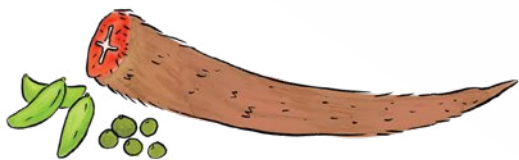
Anetere healthy arrernemele
diet ngkwine-ke.

- salmon, tuna ante sardines
- nuts ante ntange
- avocado
- extra virgin olive anterre.



Merne mwarre arlkweme-le

- Healthy merne vegetables akweke ware protein ante grain-akerte.
- Merne mwarre akwethe arlkweme-le ante snacks unte angakwe awelheme-le.
- Akweke ware arlkweme-le unte atnerte akngerre awelhetye-ke.
- Antyweme-le kwatye ante ikwemeye drinks akweke ware.



Ingke untheme- le, gardening mpware-mele

Unte apeke PCOS-akerte
important unte tyerrtye ngkwinhe
akngelhemele arlte-le.

- Ingke alheme-le
- garden-enge urrkarpe-le
- merne putye-arenye ineme-le
- anthepe-irremele, dance
- sport-ke arrkene-irreme-le.

Angkeme-le health carer
ngkwinhe-ke sports nthakentye-
ke unte arrkene-irretye-ke
atyepe-atyepe antye-ke PCOS-
akerte.



Atyepe-atyepe weight

Unte apeke PCOS-akerte
important weight mwarre
aneme-le. Health carer
ngkwinhe-le ngenhe ileme:

- weight ngkwinhe mwarre
- unte apeke weight aparlpe-
iletye-ke.



Merrithene

- Arelhe arrpenheme PCOS-akerte-le merrithene.
- Health carer ngkwinhe-le ngenhe lyakeme unte merrithene kwernetye-me PCOS-ke.



Itelhe-areme-le

1. PCOS-le ileme period ngkwinhe
 - monthly inetye-akenhe
 - same time inetye-akenhe monthly
 - inetye akenhe.
2. Atyepe-atyepe anetye-ke arntarnte arelhemele mwarre PCOS symptoms ngkwinhe-ileme-le.
3. Angkeme-le health carer ngkwinhe-ke unte apeke itirre-imele unte PCOS-akerte.



Notes

Notes

Notes



Artists nhenhe akerte



Intelhelentye arrkwerle nhenhe “Arelhe Areye”
Amunda Gorey-le mpware-ke.

“Image nhenhe-le imerneme arelhe ingkerrke
PCOS ineme ante Arrpenhe-arrpenhe areye.
Arrpenhe mape-le artweye-areye engetye-le
ineme ante mape Arrpenhe nthakenhe unte
aneme.”

Arrernte Artist Amunda Gorey amangke-ke
Ltyentye Apurte-le, hour antekerre-Ikngerre
Mparntwe-enge-tyele.



Illustrations mpware-ke Coolamon Creative-le.

Coolamon Creative 100% tyerrtye kenhe ante
creative services agency Darwin-enge ante
Mparntwe-enge.

For further information contact

Jean Hailes for Women's Health
PO Box 3367
East Melbourne VIC 3002

Phone 03 9453 8999

Email education@jeanhailes.org.au

Website jeanhailes.org.au

Disclaimer: Ayeye nhenhe-le arrangwe arrerneme medical advice.

Unte apeke worry-irreme health ngkwinhe akerte, health carer ngkwinhe-ke angkeme-le.

Jean Hailes-le anteke areme ante inclusive approach ayeye arelhe-ke health.

The terms 'Arelhe' ante 'marle' use-eme-ileme resource nhenhe-enge arelhe, marle ingkerrke ante marle, urreye arteke mape.

© Jean Hailes for Women's Health 2022



Created September 2022