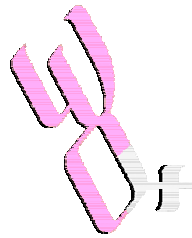


POLYCYSTIC OVARIAN SYNDROME RESOURCE GUIDE 2011-2012

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Shahab S. Minassian, M.D.



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610-374-2214 Phone
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www.infertilitypa.com

www.womensclinicltd.com

PCOS ON THE WEB



- Infertilitypa.com Women's Clinic, Ltd. web site
- Pcostrategies.org Great lay group site related to the book, Healing Syndrome O
- Pcosupport.org This is an excellent site for our patients to learn more about PCOS. It contains some great links, PCOS information, current national research and bulletin boards. The Center for PCOS was a university based founding member of the Philadelphia Chapter. Look for us on the Physician Members list!
- Soulcysters.com A good quality site with a lot of information and links. Started by former CNN reporter Kat Carney.
- Projectpcos.org Another excellent site for our patients to learn more about PCOS. Also contains some great links, PCOS information, current national research and bulletin boards.
- Pcosnutrition.com A high quality site by Angela Grassi, a regional nutritional expert in PCOS.
- Pcos.net Average quality site with some useable information
- www2.niddk.nih.gov Web site for the National Institute of Diabetes and Digestive and Kidney Diseases includes information on nutrition and weight control
- www.glycemicindex.com Website of the Glycemic Index and GI Database created by the University of Sydney, Australia
- mayoclinic.com/health/diabetes/an00754 The Mayo Clinic website includes a section on the use of the Glycemic Index diet in diabetics
- www.omegaquant.com/ Information on dietary sources of Omega-3 Fatty Acids
- www.newsweek.com/id/76316 An article titled A Deceptive Disorder Known As Pcos

Disclaimer: The web sites, books, nutritionists and all other resources and information are offered to our patients as an informational guide and not specifically endorsed by Women's Clinic, Ltd.



BOOKS AND PROGRAMS ON DIET AND NUTRITION

South Beach Diet - This program and its publications has been successful for many of our patients who follow it strictly or use it as a guide to modify their diet.

The New Glucose Revolution by Jennie Brand-Miller - A good introduction to the glycemic index, a unique approach to evaluating the different effect different carbs have on blood sugar and insulin resistance.

The New Glucose Revolution Guide to Living Well with P.C.O.S. by Jennie Brand-Miller

The Dietician's Guide to Polycystic Ovarian Syndrome by Angela Grassi, M.S., R.D., L.D.N.

Sugarbusters - This program and its publications has been successful for many of our patients who follow it strictly or use it as a guide to modify their diet.

The Insulin Resistance Diet by Cheryl R. Hart, M.D. and Mary Kay Grossman, R.D.

The PCOS Diet Book: How You Can Use the Nutritional Approach to Deal with PCOS by Colette Harris and Theresa Francis Cheung

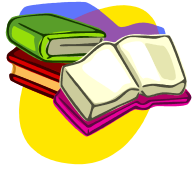
www.healthygrocerylist.com - Healthy Grocery List – You pick the meals, we'll make your grocery list!

www.caloriecontrol.org - informational website for cutting calories and fat to achieve and maintain a healthy weight with a great exercise calculator

<http://www.diabetes.org/food-nutrition-lifestyle/nutrition/my-food-advisor.jsp> - My Food Advisor allows patients to count carbs & calories and keep track of what is eaten

<http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm> - discusses the trends and consequences of obesity

<http://mypyramid.gov/> - United States Department of Agriculture food pyramid



INFORMATIVE BOOKS ON PCOS

Healing Syndrome O

Ronald Feinberg, M.D., PhD

PCOS: The Hidden Epidemic

Samuel Thatcher, M.D., PhD

Living with P.C.O.S

Angela Boss and Evelina Sterling

PCOS: A Woman’s Guide to Dealing With Polycystic Ovarian Syndrome

Colette Harris and Adam Carey

RECOMMENDED SUPPLEMENTS FOR PCOS WITH INSULIN RESISTANCE

Chromium Picolinate	200 mcg. per day
Cinnamon	1 gram per day

OMEGA-3 FATTY ACID PREFERRED BRANDS

Coromega	www.coromega.com
Carlson	www.carlsonlabs.com



HELPFUL BOOKS ON FITNESS

Real Fitness for Real Women: A Unique Workout Program for the Plus-Size Woman by Rochelle Rice and Kathy Silberger

Just the Weigh You Are: How to be Fit and Healthy, Whatever Your Size by Steven Jonas and Linda Konner

STRESS REDUCTION

Our patients report that these techniques help control their PCOS symptoms:

- Acupuncture – Dr. Minassian published a pilot study report on the positive effect of acupuncture on PCOS

Michael Hinton, OMD, L.A., West Lawn – 610-927-3120

<http://www.acuwebsites.com/visitors/web1/home1.asp?agt=165>

Meredith Murphy, L.A., King of Prussia – 610-265-1827

<http://membrane.com/philanet/acupuncture/>

- Yoga
- Chi Kung (Chi Gong)
- Tai Chi
- Pilates
- Meditation
- Gym program with a trainer



Body Zone Sports & Fitness Center, Wyomissing – 610-376-2100

NUTRITIONISTS

The Reading Hospital and Medical Center Nutrition Services	610-988-8926
Angela Grassi, M.S., R.D. PO Box 442 Bryn Mawr, PA 19010 (Haverford & center city Phila. offices)	484-252-9028 www.pcosnutrition.com
Molly Kellog – works in East/West Mount Airy, East Falls, Chestnut Hill area	215-843-8288
Mary Ellen Di Matteo, R.D. – offices in Media, PA and Cherry Hill, NJ	610-891-6609 PA 800-887-6609 NJ

Please be aware that most medical insurance companies do not pay for
outpatient services provided by nutritionists or Registered Dieticians.

PRE-DIABETES CLASSES

The Reading Hospital Diabetes Center
Doctors Office Building, Suite 340
610-988-9343

Two 2-hour classes @ \$50 (not covered by ins.)
Focus on healthy eating & exercise with
follow-up group support sessions