Welcome To The PCOS SOS Summit Transcript

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PCOS Summit Welcome

I'm your host, Dr. Felice Gersh, for the amazing PCOS SOS Summit. Congratulations. On making a great decision to join me for my summit. PCOS is such a difficult condition to deal with.

The myriad symptoms alone can be overwhelming and beyond the symptoms which include so many things like recalcitrant, painful, stubborn acne, excessive facial and body hair, thinning hair on the scalp, mood and emotional disturbances like anxiety, depression, sleep problems.

Housekeeping and Access Details

Of course, menstrual irregularity is a hallmark feature. Sometimes to the extent that months and months go by without a period and I know this personally because I also suffered through PCOS.

I went two years without a single menstrual cycle. I went when I was a resident in learning how to be an OBGYN and I got nowhere. They said, just go on birth control pills.

You're not trying to get pregnant right now. Why do you even care? Women don't even like having periods. Oh, my goodness. We now know the menstrual cycle is a vital sign of female health and women with PCOS not only have problems with that, which is a sign that many things are going wrong in the body from a metabolic point of view in terms of insulin and glucose regulation, blood vessel health and so much more.

So I am so proud of you for taking charge of your own health and your own future by joining me for the PCOS Summit. But there are now some housekeeping things.

Now that you've made this great decision that I want to make sure you're aware of, you now have for ever access to all of the interviews with my amazing guests.

So be sure to listen to them at your time on your demand. And you can get all of the transcripts and download the audios. I love listening to the audios from the health summits.

I like to listen to them when I'm preparing a healthy meal. So find when you have some free time to just listen, even when you're multitasking. Like so many of us women do.

And don't forget to download and get all of your free gifts at our generous guests have offered to you. They offer a wealth of very valuable information.

Really, they are invaluable. Now, there are other things that you need to know. For example, you can access all of this through DrTalks. Now I'm working with DrTalks, and I've been so impressed with everything.

Support, Donations, and Closing Remarks

So just let me go ahead and make sure I get all of this housekeeping for you done properly, because they would like to make sure that, you know, that if you bought any other products at the checkout, you should already have received an email concerning them.

And if you can't locate it, you can go to support@drtalks.com and the instructions for accessing everything should be like in that email. So be sure and make sure that you have it and you received it.

You can also contact DrTalks for any questions that you may have. They have an amazing support team there, so diligent waiting to help you if anything has gone awry or you just have questions about something.

And I also wanted to share something additional if I receive any profits from this summit, every penny is being donated to the nonprofits that support and advocate for women with PCOS, PCOS Challenge and PCOS awareness.

They are run by amazing women who themselves have PCOS and have seen the path to find ways to help you to lead better lives. So any money I receive is all going to them for education, support and advocacy.

So once again, congratulations on making a decision that is transformational for your life. PCOS is not easy to live with, but guess what? Solutions are available and now they're at your fingertips.

So thanks again for joining me for this amazing summit. I know I learned a lot from my amazing guests, and I am one of the leaders in the field. So good luck and enjoy.