

Module 8, Lesson 3 Quiz:

PCOS

1. Which statement is not true about Polycystic Ovarian Syndrome (PCOS)?
 - a. It is the leading cause of infertility in the US
 - b. It is linked to painful and irregular periods
 - c. It is commonly found in overweight and obese individuals
 - d. It is often linked to increased testosterone levels in women**

2. Which diet is not linked to improving PCOS, according to research?
 - a. A low glycemic diet
 - b. An anti inflammatory diet
 - c. An intermittent fasting diet**
 - d. The DASH diet

3. While we don't know what causes PCOS, we do know that:
 - a. Symptoms can be reduced and even eliminated with weight loss and lifestyle changes**
 - b. There are great medications to manage the syndrome
 - c. It is usually genetic and hard to prevent
 - d. Endocrinologists are essential to prevent complications and on the frontline of management