

International Lifestyle Recommendations for Polycystic Ovary Syndrome (PCOS)

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About This Webinar

Polycystic ovary syndrome (PCOS) is one of the most common endocrine disorders and is one of the main causes of infertility in women. The primary treatment is diet and lifestyle modifications. Tune into this webinar to learn about PCOS and the role of nutrition in the treatment of this condition.

Learning Objectives:

- Explain the role of weight management and nutrition in PCOS.
- Summarize the new international evidence-based lifestyle recommendations for PCOS.
- Identify the potential barriers to applying the lifestyle recommendations in clinical practice.

Presenter

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EVENT LOCATION

<https://militaryfamilieslearningnetwork.org/event/22060/>

HOW TO JOIN

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CONTINUING EDUCATION CREDIT

This webinar is offering 1.0 CEUs for Registered Dietitians, pending approval.

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