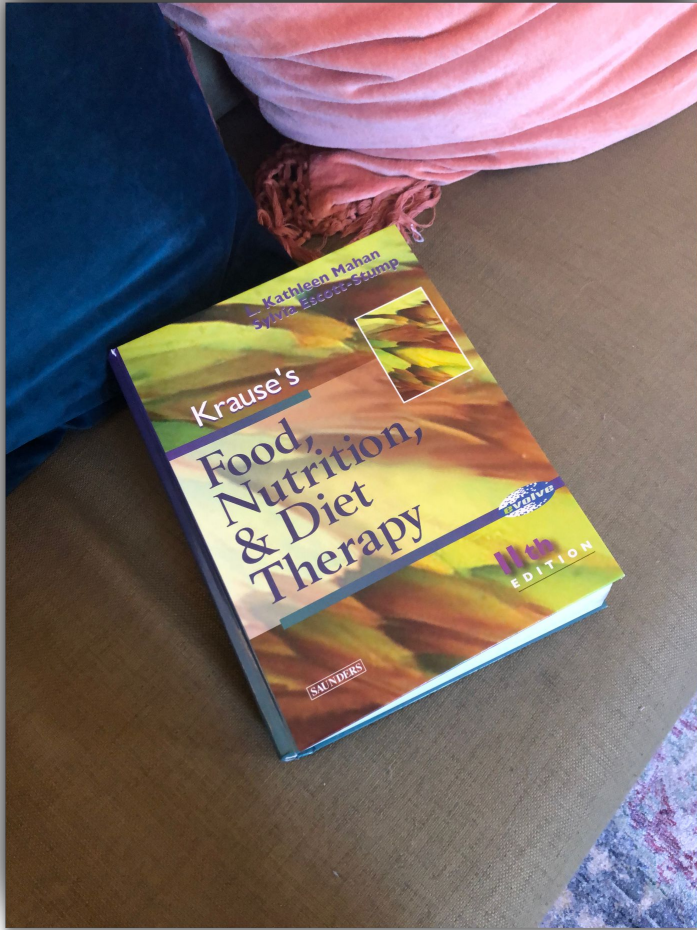
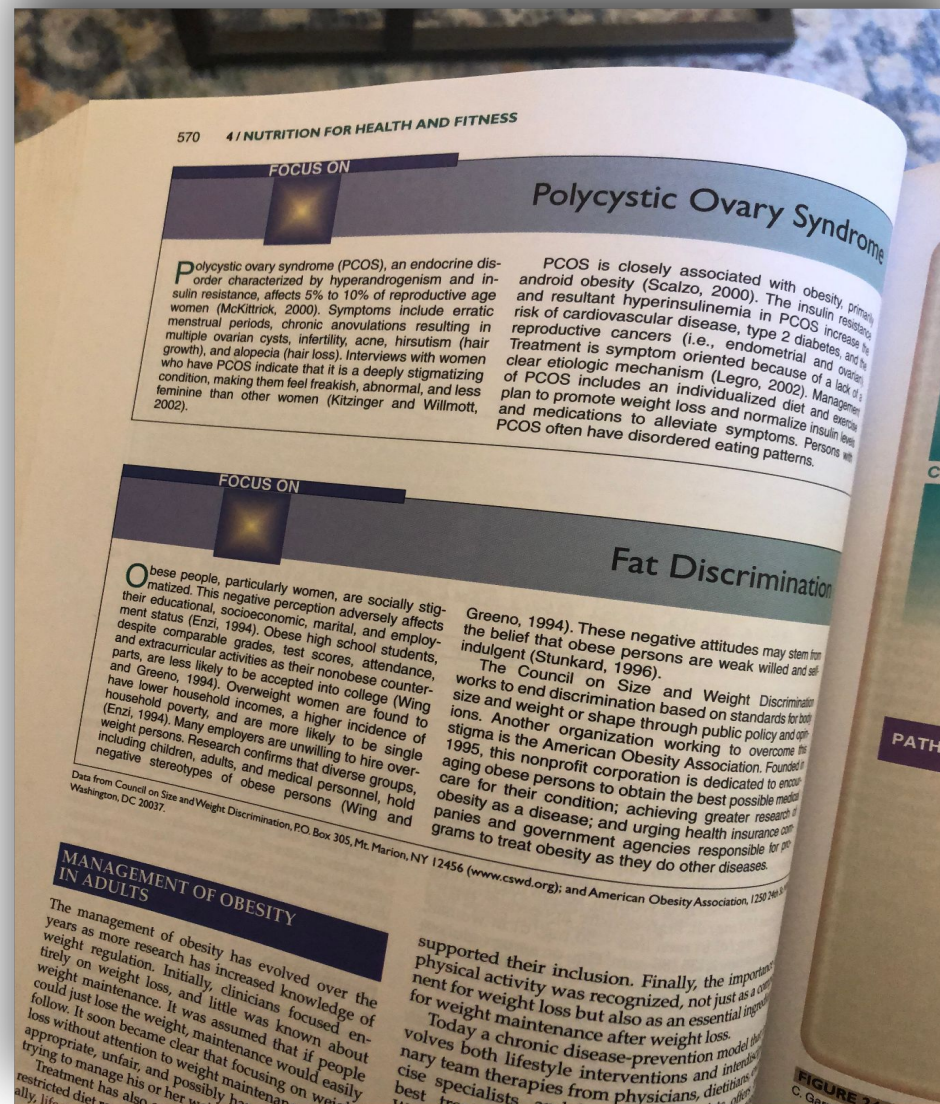
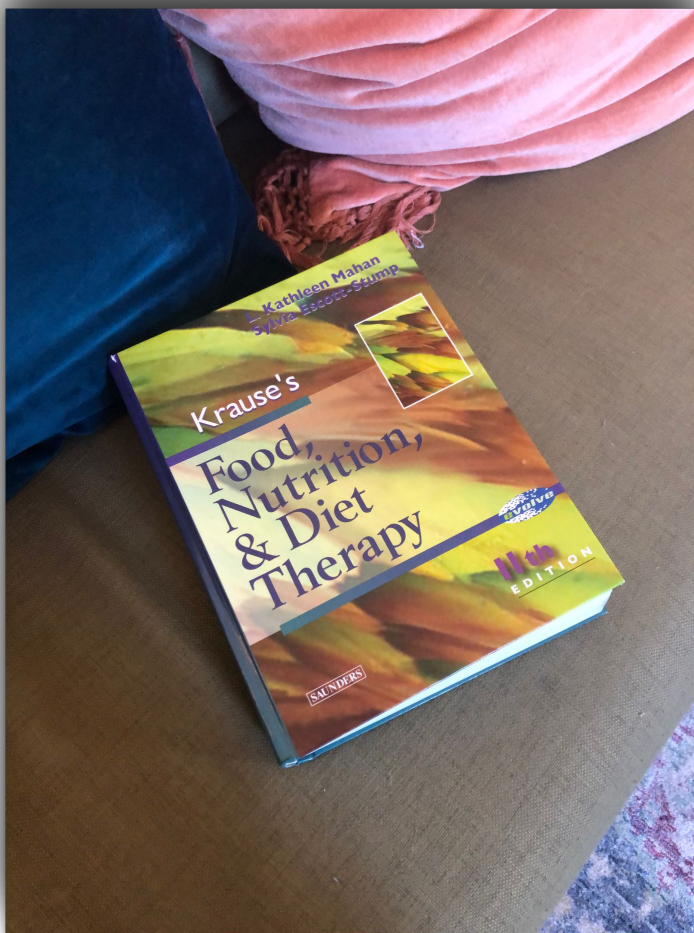


How Diets Harm People With PCOS

And What To Do Instead









My Positionality

White heterosexual married cis woman
with thin privilege, financial and
educational privilege; no personal
experience with PCOS.

JulieDuffyDillon.com



TABLE OF CONTENT

- 01** PCOS basics, causes, and particulars.
- 02** 5 non-diet MNT interventions for people with PCOS.
- 03** PCOS, binge eating, and other eating disorders.



Polycystic Ovary Syndrome Basics

- Endocrine disorder that begins in the brain.
- Diagnosis of exclusion (from what)
- Set of symptoms that result from a hormonal imbalance.
- Rotterdam Criteria (2 of 3)



Polycystic Ovary Syndrome Causes

- Passed down through families.
- Environment (Food? Trauma? Access?)
- High weight or weight gain **does not cause** PCOS.
- Chronic condition and cannot be cured.
- Hormonal involvement means affects every cell of the body.



Polycystic Ovary Syndrome **Particulars**

- People with PCOS have been found to be in a chronic pro-inflammatory state.
- 75 to 95% of people with PCOS experience hyperinsulinemia leading to 1 in 4 having NAFLD.
- Weight cycling predicts binge eating for ~70%.
- People with PCOS are 4 times more likely to live with an eating disorder.



Conventional PCOS Treatment

Weight

Diet
Exercise
Focus on Scale
Pharmacology

Meds

Insulin Sensitizers
Oral Birth
Control Pills
GLP-1s
All of label

Fertility

Clomid
Femara
Injectibles
IVF



Conventional PCOS treatment concerns.

Discovered in 1935,
we still don't have a
medical intervention
to treat PCOS.

Why so little focus?

Often only treated when
related to fertility, people
with PCOS are dismissed
when it comes to preventing
common diseases like sleep
disorders, mood disorders,
eating disorders, NAFLD, etc.

Weight loss interventions are
the primary intervention yet
none found promote health
long term. Dieting increases
insulin and inflammation; it
also predicts binge eating.



What can we do instead?

- Focus on inflammation
- Focus on hyperinsulinemia
- Allow to repair relationship with food
- Teach how to avoid weight cycling
- Advocate for weight inclusive care



PCOS + Inflammation

- What is it and why does it matter?
- Causes
 - ◆ Food
 - ◆ Environment
- Depletes Omega 3, especially DHA



Consider this goal:

Focus on **inflammation**

- Are you eating enough?
- How can I help you get the health care you need in a dignified way?
- Gender affirming care
- Omega 3 supplementation
- Avoid weight cycling
- Do NOT cut out carbs or sugar



PCOS + Insulin

- 75-95% of people with PCOS
- Causes
- Should people omit carbs and sugar?
- Should people exercise more?



Consider this goal:

Focus on **insulin**

- Are you eating enough?
- Inositol supplementation
- Strategic protein planning
- Sleep
- Medication
- Avoid weight cycling
- Do NOT cut out carbs or sugar



**PCOS cravings
start to change
here.**



Consider this goal:

Repair relationship with Food

- Hopefully 🙌 eating enough–HLOC
- Medication, supplements helping to lower insulin levels
- Cravings typically less primal
- Feeling more energized and less chaotic around foods



Why high prevalence of **Binge Eating** with PCOS?

- Physiology
 - ◆ Insulin
 - ◆ Testosterone
 - ◆ CCK
- Treatment methods
 - ◆ Weight centric paradigm
 - ◆ Restrict carbs/sugar
 - ◆ Emphasize movement



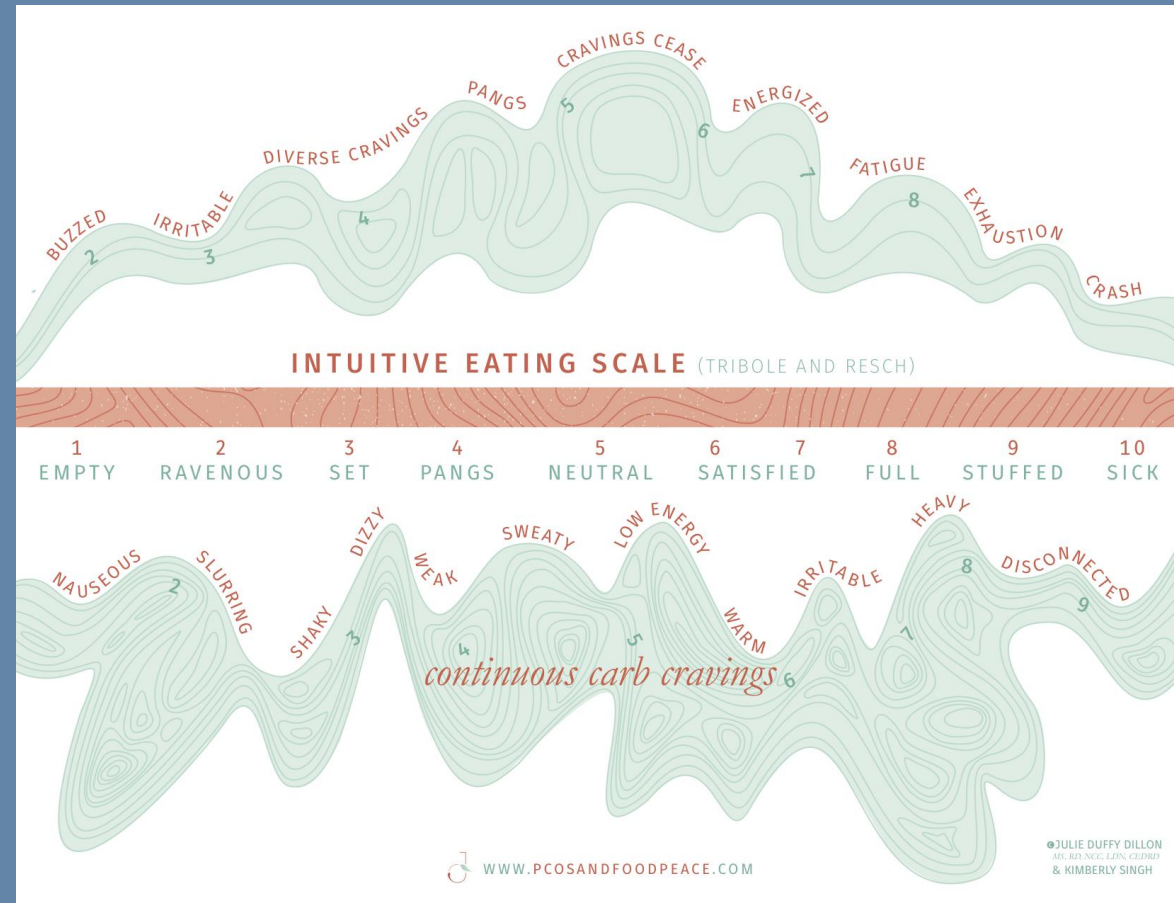
**There are ZERO
sustainable IWL
interventions for people
with PCOS***

*and people with PCOS.



PCOS + Intuitive Eating

- May look different
- Cravings as a guide
- Compassion
- Experiment
 - ◆ Strategic protein
 - ◆ Movement



Consider this goal:

Advocate for weight inclusive care.

- Stop decreasing meal plans when people with PCOS are gaining weight.
- Stop making intuitive eating skills inaccessible to people with PCOS.
- Evaluate your own fat phobia that is significantly harming people with PCOS.
- Rally.



Consider this goal:

Teach how to **avoid** weight cycling

- There are no diets that have evidence to help people with PCOS long term and improve physical and emotional health.
- Just calling something *non-diet* or *intuitive eating* doesn't mean it is.
- Consider Informed Consent discussions when desires to lose weight are brought to the surface.
- Process desires to lose weight without shutting down. What are you hoping is different in your life with weight loss?



Let's Summarize

People with PCOS can heal their relationship with food too. It promotes health without risking more harm.

Remove the scale and teach how to avoid diets to lower insulin, inflammation and decrease risk of eating disorders.

Advocate for weight inclusive care to improve health care access and prevent bias.



References + Resources

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THANK YOU

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