

# inCYST™

*Lifestyle Programs for Women with Polycystic Ovary Syndrome*



*inCYST on great eating ~ inCYST on fun activity ~ inCYST on less stress ~ inCYST on a healthier YOU!*

# What is Polycystic Ovary Syndrome?

Polycystic ovary syndrome (PCOS) is an endocrine (hormone) disorder. Its name is derived from the fact that the first symptoms associated with PCOS were infertility and ovulation problems. As more is learned, it is clear that this disease is a complex set of problems related to hormone imbalance, particularly insulin, reproductive hormones, and other hormones related to sleep, appetite, mood, and weight maintenance.

Women with PCOS are at increased risk for diabetes and heart disease; therefore, early identification and management are crucial. There is currently no known cure for PCOS; its treatment is primarily symptom management.

PCOS is associated with obesity, but obesity does not cause PCOS. Up to 70% of women with PCOS are NOT overweight. Many women with eating disorders have learned that undiagnosed PCOS may have been an important predisposing factor. An eating disorder may have been launched in an attempt to control weight that PCOS was antagonizing.



## Why inCYST™?

- 1 in every 10 women has polycystic ovary syndrome (PCOS).
- It is the leading cause of infertility in the United States.
- 10% of all women with PCOS will be diabetic by age 40.
- 85% of all women with PCOS report symptoms of anxiety, depression, and/or mood disorders. Less than 10% of these women have ever been asked about or been given any help for these symptoms by a health practitioner.
- Women with PCOS are at risk of developing eating disorders as a way to manage the associated metabolic changes and weight gain.
- Women with PCOS are at risk of not being able to produce enough milk to nurse a child.
- Women with PCOS report a higher than average incidence of other medical issues, including: sleep disorders, eating disorders, asthma, arthritis, respiratory allergies, food intolerances, fibromyalgia, and irritable bowel syndrome.



**\*\*\*There are nutrition, exercise, sleep, and stress management strategies that can manage the symptoms of PCOS as well as associated medical issues. However, many popular diets recommended to women with PCOS can exacerbate, rather than manage, the progressive damage that PCOS can do.**

*inCYST IS AN EVIDENCE-BASED PROGRAM FOR MANAGING WEIGHT, FERTILITY, AND HORMONE BALANCE*

## What is inCYST™ ?

inCYST™ is an educational series, taught by health professionals who have completed a 20 hour course on PCOS. Currently, all trained inCYST™ providers are registered dietitians. Plans are in progress to also make this training available to nurses and diabetes educators. While the topics in each class will vary, the goal of each session...and the mission of the inCYST™ program...is to inspire women with PCOS to adopt food, activity, lifestyle, and stress management behaviors that help to balance hormones.

Our experience, in over 10 years of working with PCOS, is that many women with this disorder have not received reliable information. Fad diets and nutrition supplements have often decreased their morale, and diminished their faith in the medical community. inCYST™ is designed to be a positive, supportive format, allowing interaction with medical professionals in a casual setting. There is much more time for questions, discussions, problem solving...and restoring faith...than would be available in the typical medical appointment.

Our goal is to keep the cost of inCYST™ classes equivalent to a typical copayment. We do not want cost to be a barrier to attendance. However, we do believe that individuals willing to pay our nominal fee are the ones most likely to be able to make the changes that will help them to feel better.



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# Who is inCYST™ ?

inCYST™ involves three kinds of participants.

## Teachers

Our first programs are currently being offered in Phoenix, Arizona, and Los Angeles, California.

Expansion of this program will begin in 2008 in other locations as listed on our website

*(currently nested in)* [www.afterthediet.com/pcoshelp.htm](http://www.afterthediet.com/pcoshelp.htm).



## Students

inCYST™ is not just about its trainers. It is the participants that make our program work! Currently we are targeting three demographics where PCOS is a common diagnosis:

- women with infertility
- women on psychiatric medications that have promoted PCOS symptoms
- women diagnosed with eating disorders who are later diagnosed with PCOS

## Sponsors

Our programs are affordable because of our sponsors. We are grateful to work with like-minded companies offering products and services that can be used by our students as they learn to adopt new behaviors.

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## Where is inCYST™ ?

Trained inCYST™ professionals are currently providing one-on-one counseling in 14 states, with more coming soon! A current list of all current course graduates/providers can be found at

[www.afterthediet.com/pcoshelp.htm](http://www.afterthediet.com/pcoshelp.htm).



inCYST™ group classes are currently being held in Los Angeles, California and Phoenix, Arizona. We will build on this foundation with classes in cities wherever there is an inCYST™ provider willing to teach them. Our best marketing has always been word-of-mouth, and we have already seen in the short time that these classes have been available...satisfied participants are inviting their friends to join them.

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# How Can You Support inCYST™ ?

## Talk

Tell women you know who struggle with weight and chronic/stress related illness that you know of a program that may help them to feel better.

## Refer

If you are a health practitioner, please encourage your patients to participate in our classes. Our goal is to complement what care you offer, and to motivate better compliance with the recommendations you currently provide.

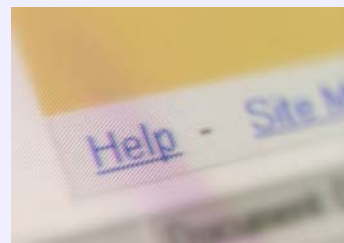
## Encourage

Support those you know who are trying to lose weight by recognizing positive changes. Consider that weight problems are not always due to lack of willpower. Yes, changes must be made in order to change weight, but in the face of a hormone imbalance it can feel like an impossible task.

## Sponsor

We are always looking for like-minded companies with products and services that can make new, healthy choices easier to adopt. Corporate sponsorships allow us to keep the price of inCYST™ affordable to most women interested in attending.

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# How Can inCYST™ Support You?

## Answer

Our classes are designed to answer many of the questions women have about PCOS, that there simply is not time to address in a typical office visit. With knowledge comes the power to change.



## Communicate

Every inCYST™ participant must provide us with the name of a primary caregiver, who will receive a letter after each class session, documenting the information covered and any individual recommendations provided.

## Educate

If you are interested in receiving our training, please contact us. With 10% of all American women needing help for PCOS, we need you!

## Promote

Every physician whose patient participates in an inCYST™ class will receive an information packet, including promotional material from our corporate sponsors. In return for helping us promote our mission, we love to educate physicians about products that they too can recommend.

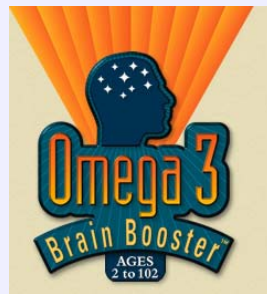
**For more information about sponsoring inCYST:**

**623.486.0737**

**[monika@afterthediet.com](mailto:monika@afterthediet.com)**

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**Thank You to Our Sponsors!**  
*This venture would not exist without  
you!*



## Symptoms of Polycystic Ovary Syndrome

\*Family history of infertility, irregular periods, or diabetes

\*Early puberty (first period at 11 years or younger)

\*Use of medications for depression, bipolar disorder, seizure disorder, epilepsy, or migraine

\*History of gestational diabetes

\*"Apple shaped" body (you gain weight more in your waist than in your hips)

\*Dark velvety patches of skin on your neck, groin, or in your armpits

\*Hair loss or male pattern bald spots

\*Difficulty losing weight

\*Intense cravings for carbohydrates or sweets

\*Problems conceiving

\*Decreased sex drive

\*Excess hair growth on face, chest, or back

\*Acne on face, chest, or back

[www.afterthediet.com/pcoshelp.htm](http://www.afterthediet.com/pcoshelp.htm)

## inCYST™ 2008 Course Schedule

### Phoenix, Arizona

Monday, March 10

Monday, April 7

Monday, May 5

Monday, June 9

Monday, July 14

Monday, August 11

Monday, September 8

Monday, October 6

Monday, November 3

Monday, December 1

### Marina del Rey, California

Wednesday, March 12

Wednesday, April 16

Wednesday, May 7

Wednesday, June 11

Wednesday, July 16

Wednesday, August 13

Wednesday, September 10

Wednesday, October 8

Wednesday, November 5

Wednesday, December 3

All classes meet from 6:30 pm—8:30 pm

**For information**

**623.486.0737**

**[monika@afterthediet.com](mailto:monika@afterthediet.com)**