

| QUESTION | ANSWER |
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| PCOS IMPACT ON MENTAL HEALTH | |
| <p>What are some of the other health risks in those with PCOS?</p> | <ul style="list-style-type: none"> ● Women in Canada with PCOS have a 4-fold and 2-fold higher incidence of Type-2 Diabetes (T2D) and cardiovascular disease (CVD), respectively. ● Women in Alberta with PCOS: <ul style="list-style-type: none"> ○ 3-fold higher incidence Type-2 Diabetes (T2D) ○ 2-fold higher incidence of cardiovascular disease (CVD) <ul style="list-style-type: none"> ▪ Based on risk factors of increased body weight and altered blood glucose and fat metabolism. ● Increased incidence of other adverse health outcomes. <ul style="list-style-type: none"> ○ Respiratory disorders and mental health. |
| <p>Does PCOS cause mental health issues?</p> | <p>Mental health and quality of life is a major concern in PCOS due to physical symptoms, hormones, long term medical health concerns.</p> <p>Early onset of mental health issues in childhood/adolescence (anxiety, depression, sadness, insecurity, stigma, shame, symptoms of PCOS, PCOS stages of grief following diagnosis, stress of medication management etc).</p> <p>According to research there is an increased prevalence of clinical depression, anxiety, and other psychological distress in women with PCOS compared with women without PCOS (Damone et al., 2018)</p> |
| <p>What causes PCOS mental health issues?</p> | <p>The cause is unclear. Possible explanations (Damone et al., 2018):</p> <ul style="list-style-type: none"> ● Visible features: excess weight, clinical hyperandrogenism, (hirsutism, acne or androgenic alopecia). ● Medical consequences: e.g., infertility. ● Concerns relating to the diagnosis. ● Fear regarding long-term health complications. |
| PCOS EMOTIONAL CHALLENGES | |
| <p>What are some of the common PCOS emotional challenges?</p> | <p>Women with PCOS have a greater risk of emotional challenges such as anxiety and depressive symptoms. These challenges may be due to a combination of hormonal influences and dealing with the symptoms of PCOS.</p> |
| <p>What are some of the PCOS symptoms that affect mental health ?</p> | <p>Symptoms such as acne, weight gain and excess hair may cause girls and women with PCOS to feel they do not fit an image of how females are maybe supposed to look. Difficulties getting pregnant can also cause anxiety and depression. Feeling different from others may affect overall quality of life for girls and women with PCOS. Women with PCOS also say they experience challenges with intimate relationships.</p> |
| ANXIETY | |
| <p>What are anxiety signs & symptoms?</p> | <p>Anxiety (according to the APA): https://www.apa.org/topics/anxiety</p> <ul style="list-style-type: none"> ● An emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. ● Recurring intrusive thoughts or concerns. |

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| | <ul style="list-style-type: none"> • There may be avoidance of certain situations out of worry. • There may also be physical symptoms such as sweating, trembling, dizziness or a rapid heartbeat. |
| Is it important to seek help? | <p>Yes, it is important to seek help as early as possible because PCOS patients commonly experience higher levels of anxiety.</p> <p>Anxiety can interfere with the quality of your life and may require the support of health professionals and, in some cases, treatment.</p> |
| Are anxiety disorders treatable? | Yes, anxiety disorders are treatable, and a number of effective treatments are available so it's important to seek help early. |
| What types of treatment are recommended for anxiety? | One well-known, supported, evidenced-based treatment for anxiety would be the use of Cognitive Behavioral Therapy (CBT). It is a therapeutic modality that can be used in counselling. Alongside talk therapy, you can take a look at a website that has great, valuable information on anxiety and the use of CBT: anxietycanada.com |
| DEPRESSION | |
| What are depression signs & symptoms? | <p>Depression (according to the APA): https://www.apa.org/topics/depression</p> <ul style="list-style-type: none"> • More than just sadness. • People with depression may experience a lack of interest and pleasure in daily activities, significant weight loss or gain, insomnia or excessive sleeping, lack of energy, inability to concentrate, feelings of worthlessness or excessive guilt and recurrent thoughts of death or suicide. |
| Is it important to seek help? | Yes, it's important to seek help, because it can lead to a variety of emotional and physical problems and can reduce your ability to function. It is very important to recognise the signs of depression and seek help early. |
| Is depression treatable? | Yes, depression is treatable, and a number of effective treatments are available so it's important to seek help early. |
| What types of treatment are recommended for depression? | <p>CBT –once again, is a therapeutic modality that can be used in psychotherapy. Behavioral activation has strong research support, and that is a component of CBT. Alongside talk therapy, patients can obtain a copy of Mind Over Mood--Authors, Dennis Greenberger & Christine A. Padesky. It is accessible at the library for instance. Mind Over Mood is a hands-on workbook that teaches CBT skills in a clear, step-by-step format.</p> <p>There is also a CCI website (Centre for Clinical Interventions – Australian website).</p> |
| STRESS | |
| What are stress signs & symptoms? | <p>Information on Stress by (Damone et al., 2018):</p> <ul style="list-style-type: none"> • Chronic stress is associated with depression and anxiety in the general population. • Chronic illness is a stressful condition. • Women with PCOS report a significantly increased physiological reaction to stress: |

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| | <ul style="list-style-type: none"> ○ Pathophysiological features of PCOS: <ul style="list-style-type: none"> ▪ Hypothalamic-pituitary-adrenal axis (HPA) and sympathetic nervous system (SNS) hyperactivity. ▪ Low-grade immune system inflammation ● Low levels of perceived stress may have a clinically significant impact in women with PCOS. |
| Is it important to seek help? | Yes, it's important to seek help, because it can lead to a variety of emotional and physical problems and can reduce your ability to function. It is very important to recognise the signs of stress and seek help early. |
| Is stress treatable? | Yes, stress is treatable, and there are a number of effective strategies available so it's important to seek help early. |
| What types of strategies are recommended for stress? | <p>(Strategies adapted from Paterson, 2000)</p> <p>Sleep</p> <ul style="list-style-type: none"> ● Sleep deprivation is a contributor to being vulnerable to stress. ● Most people need between 7 and 9 hours of sleep. ● Examples of sleep hygiene: <ul style="list-style-type: none"> ○ Maintaining a regular bedtime and rising time ○ Having appropriate darkness and quietness to ensure that your environment is conducive to sleep ● For more information: Myhealthalberta.ca / Health Information and Tools > Sleeping <p>Awareness</p> <ul style="list-style-type: none"> ● Coffee, tea, caffeinated soft drinks, and chocolate can increase the body's level of cortisol, or "stress hormone". <p>Balance:</p> <ul style="list-style-type: none"> ● Delegating, asking for help, knowing your limits and boundaries. <p>Exercise:</p> <ul style="list-style-type: none"> ● Consult with your physician. <p>Nutritionally Balanced Meals:</p> <ul style="list-style-type: none"> ● "Some people find that the simple sugars found in sweets cause roller-coaster changes in mood ranging from speediness to lethargy"(p.35). <p>Additional exercises:</p> <ul style="list-style-type: none"> ● Breathing exercises, Progressive muscle relaxation exercises, visualisation exercises. |
| INFERTILITY | |
| What are signs and symptoms of mental health issues related to infertility? | <p>Infertility can be viewed from a grief and loss perspective:</p> <ul style="list-style-type: none"> ● Grieving the loss of the ability to conceive. |
| Is it important to seek help? | Yes, it's important to seek help, if left untreated it can lead to a variety of emotional and physical problems and can reduce your ability to |

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| | <p>function. It is very important to recognise the signs of grief and loss due to infertility issues and seek help early.</p> |
| <p>What are ways infertility can be addressed in counseling?</p> | <p>When infertility comes up, we can address it in different ways in counselling:</p> <p>We can look at it from a grief and loss perspective. Working with a therapist who has experience with grief.</p> <p>You can also work with a therapist who is trained in ACT (Acceptance and Commitment Therapy) in order to do some values work and explore meaning in one’s life.</p> <p>Some ideas of questions that can be explored in session: (e.g., What matters to you in the “big picture”?; What do you want to stand for?)</p> <p>Another way to address infertility can be through the use of EMDR to help address certain limiting beliefs/negative cognitions: it can be belief about doing something wrong, excessive guilt, not deserving. Providing room for the adaptive belief and instilling the adaptive belief (e.g., I can accept myself; I am good enough)</p> |
| <p>BODY ACCEPTANCE/SELF-ACCEPTANCE</p> | |
| <p>Can body acceptance/self-acceptance be worked on in counselling sessions?</p> | <p>Yes. Body Acceptance/Self-Acceptance:</p> <ul style="list-style-type: none"> ● Themes: acceptance, respect, appreciation, liberation, empowerment. ● Working with shame, insecurities. ● Working with beauty ideals (i.e. culturally, society). ● Body neutrality, body positivity. ● Self compassion. |
| <p>SELF-COMPASSION</p> | |
| <p>Why is self-compassion important for PCOS patients?</p> | <p>Dealing with a chronic medical condition, such as PCOS can be challenging and so it's important that you do give room for self compassion.</p> |
| <p>What types of strategies are recommended for working self-compassion?</p> | <p>The three components of self-compassion:</p> <p><u>1. Self-kindness rather than self-judgment:</u></p> <ul style="list-style-type: none"> ● Providing ourselves with warmth and understanding when we suffer, fail, or feel inadequate. ● Imperfection, failure, being confronted with life difficulties is inevitable ● Being gentle with ourselves rather than getting angry when life falls short of set details. <p><u>2. Common humanity rather than isolation:</u></p> |

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| | <ul style="list-style-type: none"> ● Feeling connected to others in our shared struggles. <ul style="list-style-type: none"> ○ e.g., social media: Facebook support groups. ● Recognizing that suffering and personal inadequacy is part of the shared human experience. <p>3. Mindfulness:</p> <ul style="list-style-type: none"> ● Awareness of our thoughts and feelings. ● We are not minimizing or exaggerating our difficulties, emotions and thoughts. ● “Mindfulness is a non-judgemental, receptive mind state in which one observes thoughts and feelings as they are, without trying to suppress or deny them. We cannot ignore our pain and feel compassion for it at the same time. At the same time, mindfulness requires that we not be “over-identified” with thoughts and feelings, so that we are caught up and swept away by negative reactivity”. <p><i>Note: The above information was taken from Dr. Kristin Neff’s website. Her website provides different ways of practicing self-compassion, putting it into practice through exercises, guided practices and tips for practices.</i></p> <p>For more information: selfcompassion.org</p> |
| ADVOCATING FOR YOURSELF | |
| <p>What can advocating for yourself look like?</p> | <p>Use your voice, assert your needs effectively and know what to ask for.</p> |
| <p>What should my doctor appointment be like if I am advocating for myself?</p> | <p>Arrive at your appointment early, that way you are calm and composed.</p> <p>A visit to a doctor should be a two way conversation, and not one where the doctor is doing all of the talking.</p> <p>If you have a question that hasn't been answered or a concern that hasn't been addressed, bring it up. If you're confused about something, ask the question and if you're concerned about a particular course of treatment ask about alternatives.</p> <p>Remain consistent and persistent in what is important to you.</p> |
| <p>What are some tips that may help me advocate for myself?</p> | <p>The Alberta Health Services website recommends the following regarding Advocating For Yourself-Well on Your Way:</p> <ol style="list-style-type: none"> 1. Learn how to explain your health condition clearly. <ul style="list-style-type: none"> ● Practice speaking about your health condition with a parent, friend, or someone else you trust. |

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| | <ol style="list-style-type: none"> 2. Write down your concerns or questions before you go to your healthcare provider. It reminds you to talk about them at your appointment. 3. As whatever questions you need answers to. It is your body and you need all the information to make informed decisions about your health. 4. Keep track of all your doctors, nurses, and other healthcare providers including who you see, when you see them, and what you talked about. 5. Stay calm and polite, but assert yourself to get the support or information you need. 6. Speak up if you don't agree with your healthcare provider. You are the boss of your own healthcare; no one knows your body better than you do. <p>If you think you have communicated clearly but do not feel the healthcare provider 'heard' you, or you do not agree with the choices for treatment, you can get a second opinion.</p> <p>For more information or support, you can contact Alberta Health Services Patient Concerns and Feedback or the Alberta Government Health Advocates.</p> <p>It can also be frustrating when you want to feel heard, but you feel that all you are getting is advice. Do not be afraid to ask others to just listen and be supportive.</p> <p>The above was taken from the Alberta Health Services website: Advocating For Yourself Alberta Health Services</p> |
| <p>RELATIONSHIP WITH FOOD</p> | |
| <p>What are the different types of hunger?</p> | <p><i>The following information is 'under License with Craving Change Inc.':</i></p> <p>Increase your awareness of why you are eating. Types of hunger:</p> <p>Stomach Hunger: This is the physical need for food. It's been five or six hours since you've eaten. Your stomach is growling. Stomach hunger also refers to times when you might eat for a medical reason, for e.g. to prevent low blood sugar if you're on insulin. You are eating for the well-being of your body.</p> <p>Mouth Hunger: Have you ever stood in front of the fridge or cupboard looking for something to eat with a certain taste, texture, or smell? "Where are those salty, crunchy chips? No that's not it, I want creamy...where's the ice cream?" You crave pleasure in food. This describes mouth hunger.</p> <p>Heart Hunger: This type of hunger refers to when you are eating in</p> |

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| | <p>response to your emotions or how you're feeling mentally, not physically. Heart hunger can also refer to a learned behaviour around food or eating such as having dessert after every meal.</p> <p>For PCN workshops on relationships with foods, see below PCN Workshop and Services section.</p> |
| <p>PRIMARY CARE NETWORK (PCN) REFERRALS</p> | |
| <p>Can mental health services and other services offered at PCN help PCOS patients?</p> | <p>Mental health services offered at a PCN can be beneficial to address some of the mental health concerns presenting for PCOS patients.</p> <p>And at the same time, internal referrals can also be made to connect the patient with a registered dietitian, for instance, to review blood work general heating general healthy eating internal referrals can also be made.</p> <p>In addition, to access an exercise specialist to help with weight management and appropriate exercises, PCN at O-day-min (formerly Oliver) can also offer the Craving Change program.</p> |
| <p>Do I need a referral from my family doctor for PCN Mental Health Service and other services?</p> | <p>There are many free public on-demand (pre-recorded) online mental health and other types of workshops and resources that you can access without a referral, regardless of which PCN your family doctor is affiliated with or not:</p> <ul style="list-style-type: none"> • Website: albertapcns.ca/workshops/home (Search, filter by category "Mental Health, Nutrition etc") <p>For other PCN mental health and other types of workshops and/or services e.g. virtual/live classes, ongoing one-on-one therapy, your family doctor will need to provide you with a referral and some are free and some are not.</p> |
| <p>PRIMARY CARE NETWORK (PCN) OVERVIEW</p> | |
| <p>What is a Primary Care Network (PCN)?</p> | <p>PCNs are groups of family doctors who work with Alberta Health Services and other health professionals to coordinate the delivery of primary care services for their patients.</p> <p>PCNs are reducing the use of emergency rooms and wait time through extended and after-hours service; providing comprehensive patient education; and optimizing the skills of clinical care teams through outreach programs.</p> <p>There are 40 PCN's in Alberta. Together they represent more than 3,800 doctors and 1000 health care providers & serve close to 3.6 million Albertans.</p> |

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| <p>How do I know which PCN my GP family doctor belongs to?</p> | <p>Most family doctors in Alberta belong to a PCN and you can access care, services, and workshops through that PCN.</p> <p>You can either ask your family doctor which PCN they belong to or look it up yourself on PCN Find A Doctor:</p> <ul style="list-style-type: none"> ● Website: albertafindadoctor.ca |
| <p>What are the goals of PCN?</p> | <p>PCNs strive to achieve 5 goals:</p> <ol style="list-style-type: none"> 1. Increasing the proportion of Albertans with ready access to primary care. 2. Managing access to appropriate round-the-clock primary care services. 3. Increasing the emphasis on health promotion, disease and injury prevention, and care of patients with complex problems or chronic disease. 4. Improving the coordination and continuity of primary care with hospital, long-term and speciality care. 5. Facilitating the greater use of multi-disciplinary teams in primary health care. |
| <p>What are some of the types and topics of PCN workshops and services provided?</p> | <p>Each PCN has an entire team of healthcare professionals who work with you and your family doctor to help you manage your health, through one-on-one appointments and group classes, they can help you:</p> <ul style="list-style-type: none"> ● Eat healthier ● Get active ● Managing a chronic condition ● Improve your mental health ● Understand your medication ● Reduce your tobacco use ● Get support for adult autism ● Take care of problem feet ● See a specialist ● Thrive in your senior years <p>There are many free public on-demand (pre-recorded) online workshops, resources and other activities that you can access, regardless of which PCN your family doctor is affiliated with or not.</p> <p>For other PCN mental health and other types of workshops and/or services e.g. virtual/live classes, ongoing one-on-one therapy, your family doctor will need to provide you with a referral and some are free and some are not.</p> <p>Check the website or contact the PCN directly to find out all the details:</p> <ul style="list-style-type: none"> ● Website: albertapcns.ca/workshops/home (Search, filter by category "Mental Health, Nutrition etc") |
| <p>How do I join a PCN?</p> | <p>If your family doctor belongs to a PCN, you are already a member!</p> |

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| | <p>If you are not sure what PCN that your family doctor belongs to, you can ask them, they might have posters around the office or check on the Alberta Find A Doctor website - directory - physician - type in physician name.</p> <ul style="list-style-type: none"> ● Website: albertafindadoctor.ca |
| <p>Where can I find out more information about PCN & their Workshops & Programs?</p> | <p>PCN:</p> <ul style="list-style-type: none"> ● Website: albertapcns.ca/pcn <p>PCN Workshops & Programs:</p> <ul style="list-style-type: none"> ● Website: albertafindadoctor.ca/workshops/home |
| <p>How can I contact the invited speakers at the O-day'min PCN?</p> | <p>Tanya Kendall, Clinical Manager Email: tkendall@eopcn.ca Telephone: (780) 453-3757 Website: eopcn.ca</p> |
| <p>PRIMARY CARE NETWORK (PCN) WORKSHOPS</p> | |
| <p>What are some relationships with food classes offered by O-day'min PCN?</p> | <p>The Craving Change® program is a how-to workshop for changing your relationship with food offered:</p> <ul style="list-style-type: none"> ● Understand WHY you eat the way you do. ● Comfort yourself without food. ● Change your thinking, change your eating. <p>Improving what, when, or how much you eat (<i>adapted from website: https://www.cravingchange.ca/public/</i>)</p> <ul style="list-style-type: none"> ● Craving Change® is a cognitive-behavioural program for people who struggle with their eating habits. ● It is a practical, skill-based approach that help in the following: <ul style="list-style-type: none"> ○ Understand why you eat the way you do. <ul style="list-style-type: none"> ○ Learn how your eating decisions are influenced by your surroundings, your body, and what you learn while growing up. ○ Become more aware of your problematic eating triggers. ○ Tune into your thoughts and emotions that steer you off track. ○ Use 16 'change and maintain' strategies and resources to change your eating for good. ○ Have a healthier relationship with food. <p>All you need is your mind—That's because it's our thinking habits that guide our eating habits.</p> <p>The Craving Change program is a virtual course, facilitated live and free for patients whose GP doctor is affiliated with O-day'min PCN:</p> <ul style="list-style-type: none"> ● Once a week, 2 hours in length, for a duration of 4 weeks. ● Facilitators: Registered Dietician and mental health clinician. ● Sometimes this course is offered to the general public. <p>For more information: eopcn.ca/classes/nutrition-classes/craving-change-nutrition</p> |

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| <p>What are some nutrition classes offered by O-day'min PCN?</p> | <p>On-Demand (Pre-Recorded): Free open to the public online classes that are pre-recorded.</p> <ul style="list-style-type: none"> ● Healthy Eating 101 ● Centering Your Meals with Plants ● Protein & Fibre: Am I Getting Enough? ● Label Reading <p>Virtual Classes (Facilitated Live): Free for patients whose GP doctor is affiliated with O-day'min PCN</p> <ul style="list-style-type: none"> ● Eating Well the Mediterranean Way ● Cooking with Beans ● Cooking for One ● Healthy Meal Planning ● Craving Change® ● Weight Management <p>For more information: eopcn.ca/classes/nutrition-classes</p> |
| <p>What are some fitness & wellness classes offered by O-day'min PCN?</p> | <p>On-Demand (Pre-Recorded): Free open to the public online classes that are pre-recorded.</p> <ul style="list-style-type: none"> ● Active Living 101 ● Exercise Prescription 201 ● Beginner Rubber Tubing Exercise Class ● SMART Goal Setting ● Beginner Shoulder Health <p>Virtual Classes (Facilitated Live): Free for patients whose GP doctor is affiliated with O-day'min PCN</p> <ul style="list-style-type: none"> ● Beginner Exercise Classes ● Weight Management <p>MOVE Walk Group: Free open to the public in-person.</p> <ul style="list-style-type: none"> ● MOVE is offered once a week ● Tuesdays @ 1:30 – 2:30 PM ● Allin Clinic 10155 120 Street Meet outside the main doors. ● 60-minute walk along various paths in the neighbourhood or Edmonton's River Valley which may include some hills or stairs. <p>For more information: eopcn.ca/classes/#</p> |
| <p>Where can I find out more information about all PCN Workshops & Programs?</p> | <p>PCN Workshops & Programs:</p> <ul style="list-style-type: none"> ● Website: albertafindadoctor.ca/workshops/home |
| <p>RESOURCES MENTIONED BY FORUM SPEAKERS</p> | |
| <p>PCOS symptoms</p> | <p>Monash University ASK POCS Evidence-based information for women with Polycystic ovary syndrome:</p> |

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| | <ul style="list-style-type: none"> ● free PDF booklet ● https://www.monash.edu/_data/assets/pdf_file/0005/1429772/A-SK-PCOS-Evidence-based-information-for-women-with-Polycystic-ovary-syndrome.pdf <p>Centre for Clinical Interventions (CCI):</p> <ul style="list-style-type: none"> ● Australian website: cci.health.wa.gov.au |
| Depression, anxiety & stress | <p>Depression, anxiety and perceived stress in women with and without PCOS: a community-based study.</p> <ul style="list-style-type: none"> ● Psychol Med. 2019 Jul;49(9):1510-1520. ● doi: 10.1017/S0033291718002076. |
| Depression | <p>Book: Mind Over Mood:</p> <ul style="list-style-type: none"> ● Website: mindovermood.com. ● Authors, Dennis Greenberger & Christine A. Padesky. ● Also available at the Edmonton Library <p>American Psychological Association:</p> <ul style="list-style-type: none"> ● Website: apa.org/topics/depression |
| Anxiety | <p>Anxiety Canada:</p> <ul style="list-style-type: none"> ● Website: anxietycanada.com. <p>American Psychological Association:</p> <ul style="list-style-type: none"> ● Website: apa.org/topics/anxiety |
| Self-Compassion | <p>Self-Compassion (Neff, K. 2022):</p> <ul style="list-style-type: none"> ● For more information: selfcompassion.org |
| Sleeping | <p>Government of Alberta-My Health:</p> <ul style="list-style-type: none"> ● Website: Myhealthalberta.ca / Health Information and Tools > Sleep Better |
| Stress | <p>The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships (Paterson, R. 2000):</p> <ul style="list-style-type: none"> ● Overcoming the stress barrier (pp. 34-35) ● For further information on this book, click here. To view it at amazon.ca, click here. |
| Advocating for Yourself | <p>Alberta Health Services:</p> <ul style="list-style-type: none"> ● For more information or support, you can contact Alberta Health Services Patient Concerns and Feedback or the Alberta Government Health Advocates. ● Website: Advocating For Yourself Alberta Health Services <p>If You Always Get Tongue-Tied at the Doctor, It's Time to Work on Self-Advocacy-Here's How (Lanquist, L. 2021):</p> <ul style="list-style-type: none"> ● Website: realsimple.com/health/preventative-health/self-advocacy-at-doctor-appointments |
| Edmonton Counsellors/Mental Health | <p>Rivers Edge Counselling Centre:</p> |

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| | <ul style="list-style-type: none"> ● Grant Wardlow (works with EMDR, Trauma, Anxiety, Depression, LGBTQ+ and more) ● Website: riversedgecounselling.com <p>University of Alberta Hospital:</p> <ul style="list-style-type: none"> ● Outpatient Psychiatry Clinic |
| Mental Health Online | <p>Tiffany Roe:</p> <ul style="list-style-type: none"> ● Instagram: @heytyffanyroe ● Website: tiffanyroe.com <p>The Food Psych Podcast:</p> <ul style="list-style-type: none"> ● All episodes: christyharrison.com/all-episodes ● Website: christyharrison.com <p>Michaela Putala, RDN:</p> <ul style="list-style-type: none"> ● Instagram: @food.peace.nutritionist |
| General Online PCOS Support | <p>Shelby Eckard: Instagram @pcosupportgirl</p> |
| Registered Dieticians | <p>Alyssa, RD:</p> <ul style="list-style-type: none"> ● Instagram : @pcos_nutritionist ● TikTok: pcos_nutritionist <p>Erin Nesbitt, RD (Edmonton) IE & PCOS:</p> <ul style="list-style-type: none"> ● erinnesbittrd.com |
| Facebook Resources | <p>PCOS Challenge: The National Polycystic Ovary:</p> <ul style="list-style-type: none"> ● Facebook: PCOS Challenge: The National Polycystic Ovary Syndrome Associate ● Website: pcoschallenge.org <p>You Can Totally Cyst With Us: The Happy Gurls PCOS Support Group:</p> <ul style="list-style-type: none"> ● Facebook: You Can Totally Cyst With Us: The Happy Gurls PCOS Support Group |
| <p style="text-align: center;">If you have any other questions, please get in touch with us at PCOS.Together@ualberta.ca</p> | |