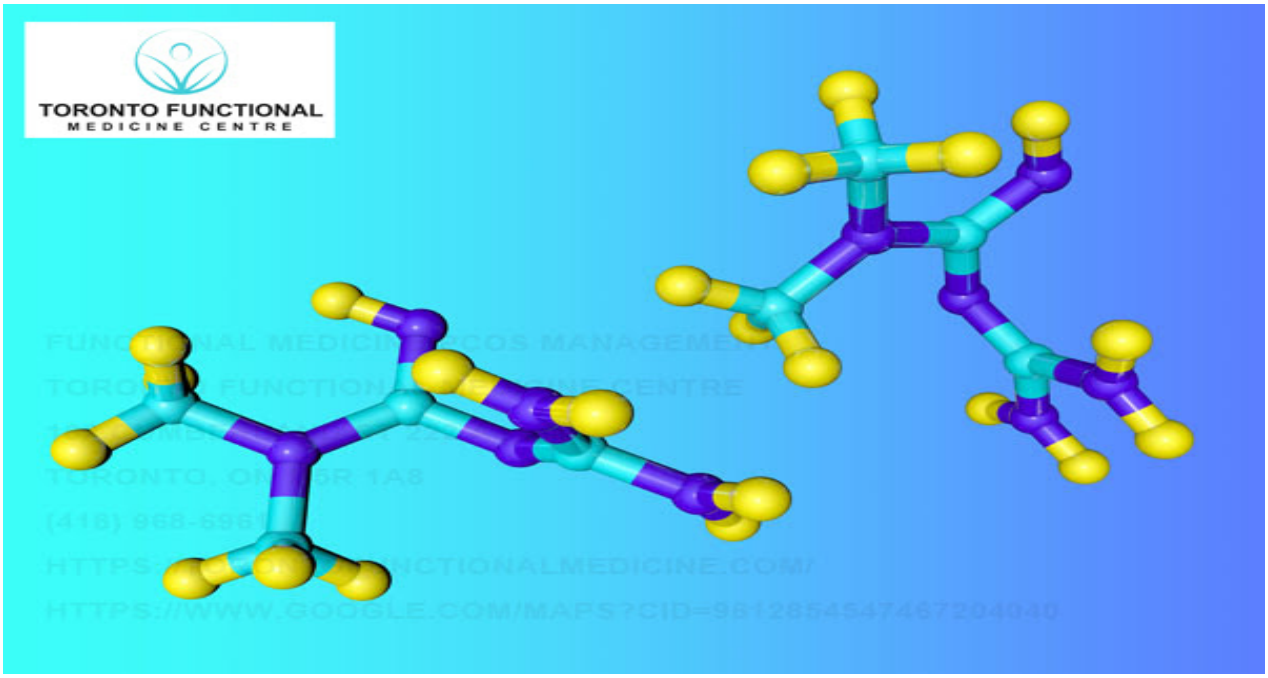


PCOS Management with Metformin at Functional Medicine Toronto Clinic

March 29, 2022

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has explained the management of polycystic ovarian syndrome (PCOS) with metformin in a new blog post. PCOS is a hormonal disorder that is common among women of reproductive age. It has been noted that about 1.4 million Canadian women may already have PCOS and that it is the combination of anovulation and androgen excess that distinguishes this disorder. According to functional medicine health care providers, PCOS can result in weight gain, infertility, and other health problems that can affect quality of life. And metformin is typically prescribed for the management of PCOS and to enhance fertility in functional medicine patients.

The functional medicine PCOS management pproach uses metformin, which works by reducing the amount of testosterone that is produced by the ovaries. It can also help by enhancing insulin sensitivity, which is a contributing factor in PCOS development. According to research, metformin may help in boosting pregnancy rates among women who have PCOS. Clinical studies have also revealed that combining metformin and clomiphene citrate may increase ovulation, pregnancy rates, and conception success rates. When used alone, metformin has been observed to optimize the ovulation rate from 40 percent to 67 percent in PCOS patients. However, when clomiphene citrate was added, the ovulation rate increased to 69 percent, and all of

the ovulating patients were found to have given birth.

It has been observed that it takes about four to six weeks for women to begin ovulation after starting metformin therapy. Other treatments may be used in combination with or instead of metformin. One of these is clomiphene, which may help in inducing ovulation. Another option is spironolactone with metformin or alone. Spironolactone is typically used for hyperandrogenism in women who are anovulatory.

It is important to note that metformin has to be prescribed by a medical doctor or a nurse practitioner. Those who suspect that they have PCOS can call the Toronto Functional Medicine Centre to meet their nurse practitioner. This functional medicine centre in Toronto offers a broad range of functional medicine programs that are provided as personalized medicine, which means that their clinical therapies will cater to the patient?s specific biology and optimal wellness. They can help patients by understanding the patient?s current lifestyle factors, chronic conditions, adrenal fatigue, hormone imbalances, nutritional deficiencies, and other health conditions that could affect fertility.

Toronto Functional Medicine Centre treats the patient as a unique ?whole? person. And their treatment strategies are designed to restore energy levels and cellular functioning, while managing both the symptoms and the root cause of the specific condition. They can address a wide range of health issues, including: immunity, brain health, adrenal fatigue, chronic conditions, menopause, inflammation, mold toxicity, digestive health, detoxification, food allergies or intolerance, hormone imbalances, nutritional deficiencies, infertility, thyroid malfunction, and others, such as functional medicine for stress management.

Their integrative care for patients may include various approaches, such as: naturopathic medicine and herbal medicine, traditional Chinese medicine, acupuncture for pain relief and fertility support, medically-supervised IV therapy, and allopathic/western medicine. It should be noted that Integrative functional medicine amalgamate the traditional and natural forms of medicine with modern scientific knowledge.

Those who would like to learn more about functional medicine in Toronto can check out the Toronto Functional Medicine Centre website, or contact them through the telephone at (416) 968-6961 or via email at info@tfm.care. They are open from 9:00 am to 6:00 pm on Mondays, Wednesdays, and Fridays; 9:00 am to 5:00 pm on Tuesdays and Thursdays; and 9:00 am to 4:00 pm on Saturdays.

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For more information about Toronto Functional Medicine Centre, contact the company here:Toronto

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Toronto Functional Medicine Centre

Our team of dedicated health and wellness practitioners have a passion for integrative functional and naturopathic medicine healing. We strive to help each patient shift towards balanced, wholesome wellness.

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