

Re: PCOS/hyper-insulinemia/metabolic syndrome X

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- *From:* "Andrew B. Chung, MD/PhD" <heartdoc12@xxxxxxxxxxxxxxxxxxxxxx>
 - *Date:* 28 May 2007 00:26:00 -0700
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PetShopQueen007 wrote:

since its been proven that i have this condition, and probably have since i was born (hence why i was having the same symptoms and hair growth and other things even before i ever started having a period), and how 90% of my problems are probably caused by this... i had a few questions.

they say that those with PCOS have the free-circulating insulin that can cause a fatty buildup and arterial problems, etc. i have a high insulin, but not sure for how long. all i know is from the time i was diagnosed with it (1996)... and have never once had high (bad) cholesterol or any of that. my good cholesterol is also perfect and has always been perfect.

now, being 25 and active and a fairly healthy diet for all my life and everything.. *could* it be possible that this has accumulated in my arteries and even in my heart and this is whats causing my heart strain?

From your clinical history, occlusive coronary disease is not suspected.

on my EKG's its consistently shown non-specific st-t waves... but echo always showed no signs of ischemia. could this be a blockage in my heart arteries? could such a blockage be causing the tachycardia and right heart strain (specifically), though?

Your clinical picture is more consistent with recurrent subacute PEs.

i spoke to my doctor on the phone the other day and he says that all of this should just be addressed with the endocrinologist and that

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this is most likely all just hormonal. okay, yeah i know that, but hormones causing this by themselves, without a blockage?

With recurrent subacute PEs.

everyone keeps saying, that st-t waves can be very common in a perfectly normal, healthy heart and might not mean anything at all. but... it just doesnt seem right. could they be being caused by the tachycardia and strain?

By recurrent subacute PEs.

how can they be so sure there isnt a blockage causing this based on the echo? i dont get it.

Your clinical history goes against the idea of occlusive coronary disease.

supposedly, though.. i had two EKG's show a significant decrease in the st-t waves or to the point of really not even being there. it made no sense what the doctor was referring to. he couldnt seem to make up his mind if they were there or not. what the hell?! again, im just gonna switch to another cardiologist in the same practice.

im wondering if that fall i had just knocked some shit out of wack that was in my arteries anyway (fat or insulin-causing blockages), and not particularly a clot/PE.

either way, underliningly, its all gotta do with this PCOS shit.

if say, there is a blockage in my heart... at this stage, couldnt they do something about it?

You would not have passed the stress tests if you had occlusive coronary disease.

Meanwhile, you would be wise to have your doctor(s) supervise your eating less down to the right amount thereby becoming hungrier to lose all the visceral adipose tissue (VAT) that is causing your metabolic syndrome (MetS):

<http://HeartMDPhD.com/HolySpirit/overweight.asp>

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May GOD bless you in HIS mighty way making you hungrier than ever.

Prayerfully in Jesus' awesome love,

Andrew <><

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Andrew B. Chung, MD/PhD

<http://EmoryCardiology.com>

"Unlike the 2PD-OMER Approach, weight loss diets can't be combined with well-balanced diets."

<http://HeartMDPhD.com/Love/TheTruth>

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