

PCOS Awareness Association Announces 5K PCOS Awareness Walks to be Held in 11 Cities Across America

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SEATTLE, WA, UNITED STATES, May 10, 2017 /EINPresswire.com/ -- Polycystic Ovarian Syndrome is an endocrine disorder that affects over 7 million women in the United States, with half not even being aware the disorder exists. [PCOS](#) Awareness Association is a nonprofit organization working hard to solve this problem, with their latest effort setting up a series of 11 5K PCOS Awareness Walks, where life-changing information is shared.

The idea that millions of women can be touched by a serious health disorder and neither they, nor their medical practitioners are aware of it can be both very frustrating and a serious challenge. This is exactly the case women face with Polycystic Ovarian Syndrome (PCOS). Nonprofit advocacy group PCOS Awareness Association have tackled the problem head on, working hard to raise awareness of PCOS wherever and whenever possible.

In exciting news PCOS Awareness Association recently announced they have organized a series of 5K PCOS Awareness Walks, scheduled for 11 cities in the United States, titled the "PCOS Strides National 5K Walk: Women Walking Together". The walks will be held in September, the official PCOS Awareness Month.

"PCOS is an endocrine disorder that affects over 7 million women in the US," commented Louise Chang, MD. "That is more than the number of people diagnosed with breast cancer, rheumatoid arthritis, multiple sclerosis and lupus combined."

According to experts, symptoms of PCOS vary with every woman, but can include: irregular and/or missing menstrual periods, infertility, dandruff, oily/acne skin issues, unexpected weight gain, thinning



hair, dark patches on skin and pelvic pain. With a lack of awareness of PCOS many medical practitioners completely miss the warning signs and women go untreated, which can lead to more serious health problems like heart disease and diabetes developing. This makes events like “PCOS Strides National 5K Walk: Women Walking Together” more important than ever.

The 5K walk will be held in a long list of American cities, Austin, TX; Baton Rouge, LA; Columbus, GA; Columbus, OH; Houston, TX; Modesto, CA; New Orleans, LA; Ridgefield Park, NJ; Salt Lake City, UT; Seattle, WA; Tulsa, OK. Walk details can be found at <http://www.pcosaa.org/events/pcosstrides5k>.

PCOS Awareness Association was founded in 2012 by Megan M Stewart and Satoya Foster after both were surprised to be diagnosed with the disorder and were inspired to help other women learn from their experiences.

The response to PCOS Awareness Association's work has been quite passionate.

A follower recently remarked when asked about the nonprofit's activities, “PCOS Awareness Association has worked diligently to provide support and resources to help women who have or are newly diagnosed with PCOS.”

For more information be sure to visit <http://www.pcosaa.org>.

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Megan Stewart
PCOS Awareness Association
2068563729
email us here

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