



www.juhithadithyahospital.com

PMOS

HOW PCOD EFFECTS ENTIRE BODY
SYSTEMS
THROUGHTOUT LIFE IN A WOMEN

Dr.Padala Haabitha

Gyneacologist

Hi. I'm Dr. Padala Habitha!

OBSTETRICIAN & GYNAECOLOGIST

Hi, I'm Dr. Padala Habitha, an Obstetrician & Gynecologist, Infertility Specialist, Laparoscopic Surgeon, and Colposcopy Specialist.

I am passionate about providing compassionate, evidence-based care for women at every stage of life. Through this health blog, I share trusted medical insights, practical health tips, and reliable guidance to help women make informed decisions for a healthier and happier future.

My goal is to empower every woman with the knowledge and confidence to take charge of her health.



18.5K

@reallygreatsite



45.5K

monthly page views



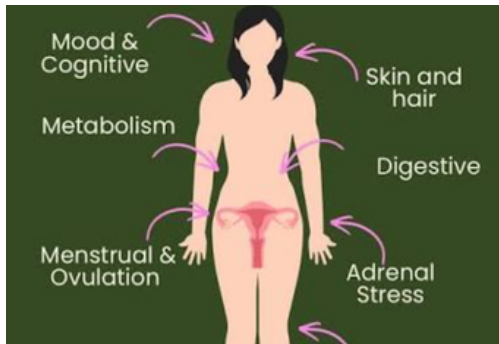
75K

podcast downloads



15K

email subscribers



PMOS

- ✓ It often starts with your cycle — irregular periods or delayed ovulation are usually the earliest sign something's off hormonally.
- ✓ Underneath that, insulin resistance is doing a lot of the damage — it's why PCOS raises your risk of type 2 diabetes down the line, not just now.
- ✓ Your heart isn't spared either — PCOS is linked to higher blood pressure and cholesterol, even in women who are otherwise young and fit.



AS SEEN IN

**Bloom
& Birth**

**MOTHERHOOD
MAGAZINE**

**Motherhood
& Wellness**

**OSMANIA
UNIVERSITY**

Journey to Parenthood

“Dr. Padala Habitha helped me understand my PCOS and created a treatment plan that fit my lifestyle. My symptoms have improved significantly.

“I struggled with irregular periods for years. Thanks to Dr. Habitha's guidance and treatment, my menstrual cycle is now much more regular.



PMOS

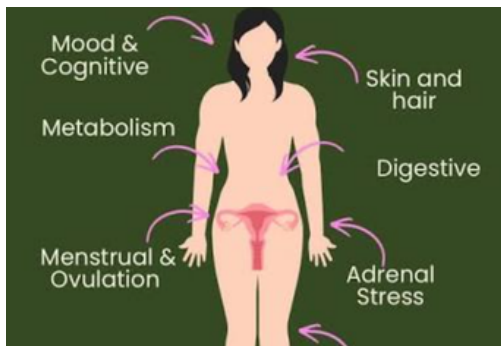
- ✓ On the skin, it shows up as acne, oiliness, or dark, velvety patches around the neck and underarms — a sign your body is producing extra insulin.
- ✓ Hair can go either way — some women notice extra growth on the face or body, while others see thinning on the scalp.
- ✓ Weight tends to settle around the belly, and it's often harder to shift than typical weight gain — that's the hormonal piece at work.



Journey to Parenthood

“Dr. Habitha patiently answered all my questions about PCOS and gave me confidence throughout my treatment. I highly recommend her.”

“The personalized care and continuous support I received made a huge difference in managing my PCOS. I'm grateful for the expert guidance.”



PMOS

- ✓ Mentally, it takes a toll too — anxiety, low mood, and mood swings show up more often in women with PCOS, and it's not "just in your head."
- ✓ Sleep can suffer as well — snoring or sleep apnea is more common, especially alongside weight gain.
- ✓ When it comes to fertility, PCOS is one of the most common reasons women struggle to conceive, simply because ovulation isn't happening regularly.
- ✓ And if it goes unmanaged for years, the risk isn't just about periods anymore — it can raise the chances of endometrial cancer and broader metabolic issues later in life.



Journey to Parenthood

“After following Dr. Habitha's advice on treatment, diet, and lifestyle, I noticed a remarkable improvement in my health and well-being.

“From my very first consultation, I felt heard and supported. Dr. Padala Habitha's compassionate approach made my PCOS journey much easier.



WHO I WORK WITH

I work with women of all ages, providing expert care in pregnancy, fertility, gynecology, PCOS management, preventive health, and menopause. My goal is to offer compassionate, personalized care for every stage of a woman's life.

WHAT YOU CAN EXPECT

At Juhith Adithya Hospital, you can expect compassionate care, expert medical guidance, personalized treatment, and a patient-first approach. We are committed to supporting you with trusted healthcare at every stage of your journey.



juhithadithyahospital@gmail.com
www.drpadalahabitha.com



GET IN TOUCH

Dr. Padala Habitha and Juhith Adithya Hospital – Maternity & Fertility Center, Eluru are committed to providing compassionate, personalized, and evidence-based healthcare for women. From fertility and pregnancy to gynecological care, we are here to support every woman with trusted medical expertise and care at every stage of life.

P. Habitha