



PCOD v/s PCOS

Polycystic Ovarian
Disease

Polycystic Ovary
Syndrome



**Ovaries release immature
or partially mature eggs**

**Mostly caused by
lifestyle factors**

**Less severe, more
common**

**Hormonal & metabolic
disorder**

**Linked to insulin resistance
& high androgens**

**More severe, needs medical
support**

*Both can be managed with
healthy lifestyle choices*



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