

8<sup>th</sup> World Conference on  
WOMEN'S HEALTH AND BREAST CANCER  
&  
World Congress on  
POLYCYSTIC OVARIAN SYNDROME AND FERTILITY  
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## The story of my life - Polycystic Ovarian Syndrome

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This presentation is going to hold the attention of the medical team on the story of a my personal experience as a PCOS sufferer. Resulting in many issues such irregular painful periods, unusually thick fast hair growth, up and down weight gain and unsuccessful attempts to fertility treatments.

### I will highlight the following:

- Expectation as a young girl
- Expectation as a women
- The trauma of infertility
- The frustration of what the doctor does not tell you
- The side effect and the frustrations

### Biography

Tracy Roake is the Head of Education at Danat Al Emarat Hospital, Abu Dhabi. She is an advanced midwife and general nurse. She has been awarded an MBA and MSc Healthcare Management Degree, and has a Master of Applied Business Research and pursuing doctorate. She is a qualified hypnobirthing instructor and has a diploma in Aromatherapy, Herbalist, Reflexology and Naturopathy. She has a great passion for midwifery and pioneered all the first private hospital waterbirths in KZN South Africa.

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### Notes: