

# Physical training helps women with polycystic ovary syndrome

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Women with polycystic ovary syndrome, a hormonal disorder that affects 5% to 10% of the female population of fertile age, often experience sexual dysfunction and low self-esteem, but a new study shows that physical resistance training can help.

Women who participated in physical resistance training—which included upper body, lower body, and abdominal exercises—experienced considerable improvements related to sexual function, desire, arousal, lubrication, and pain, as well as decreases in anxiety and depression.

The authors noted that the *Journal of Sexual Medicine* study's results should encourage health care professionals to consider physical resistance training as a useful intervention for women with [polycystic ovary syndrome](#), although additional research is needed to determine which types of exercises are most helpful.

**More information:** Lara, L. A. S., Ramos, F. K. P., Kogure, G. S., Costa, R. S., Silva de Sá, M. F., Ferriani, R. A. and dos Reis, R. M. (2015), Impact of Physical Resistance Training on the Sexual Function of Women with Polycystic Ovary Syndrome. *Journal of Sexual Medicine*. [DOI: 10.1111/jsm.12909](https://doi.org/10.1111/jsm.12909)

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