

# Advocating for better health care with PCOS

Thank you for listening to my Food Psych interview with Christy Harrison. I hope this download helps you cut through the fat phobic bullshit and get the dignified care you deserve.  
Get more at [JulieDillonRD.com](http://JulieDillonRD.com)



I want you to feel empowered to get more out of what you need from medical, health, and mental health providers. I used to cower when confronting a doctor yet over time have gotten better at it. I appreciate my experience in a smaller body is not the same and I want you to know I am on your side.

What has helped me and other people with PCOS is to come prepared with mantras, prompts or print outs. We have gotten a tremendous amount out of reading the work of:

- Deb Buregard
- Evelyn Tribole and Elyse Resch
- Glenys Oyston ([DareToNotDiet.WordPress.com](http://DareToNotDiet.WordPress.com))
- Ragen Chastain ([DancesWithFat.WordPress.com](http://DancesWithFat.WordPress.com))

Others have printed out blog posts on [JulieDillonRD.com/pcos](http://JulieDillonRD.com/pcos) since it has research within each post.

Others feel more confident when they have role played the conversation with a trusted friend, family member, or therapist. Not everyone has that so some folks told me they have role played a health care conversation in front of the mirror to practice.

I want to acknowledge that it is ok if you don't want to advocate for better care. I know weight stigma is real and powerful. People of size are oppressed for the body they live in. You should not have to stand up to the oppressor; rather those discriminating should stop.

You may find times when you are more confident than others. Keep this Roadmap handy for those times.

Access to competent, respectful, and medically sound health care is important to your PCOS journey. Consider these 4 additions to your advocacy toolbox.

1. **You don't have to be weighed.** I know lots of people who just feel so much better about their health and body image when they don't know exactly what they weigh. Do you? Most health care providers weigh you so they can bill insurance. In order to bill, they need to provide 3 assessment measures. Do you remember what you do when you first get called in from the waiting room? You get weighed, blood pressure taken, and temperature read. Bam: they can bill insurance. Glenys Oyston RD taught me one can say they don't want to be weighed and the tech can just write in "refused" in the chart. And get this: it still counts!
2. **Let the providers know you are in Eating Disorder recovery so please hold the weight loss talk...it can kill me literally.** Eating disorders have the highest mortality rate of all mental illness (does this surprise you?!?) so health care providers will respect your decision. Not everyone understands that pursuing weight loss is the number one way a person relapses in an eating disorder (no matter what they weigh by the way!) so if you have EVER experienced an eating disorder this includes you. Consider saying, "I have battled a lifelong and serious life threatening eating

disorder. Pursuing weight loss always makes me relapse and gain more weight. I would love for you to suggest other suggestions besides weight loss to treat my PCOS.”

3. **Diets just don't work for me; so what else do you have?**

Many people I know at diet rock bottom have dieted their whole life. Seriously, since preschool. How about you? If so they why would it suddenly start to work? When a doc or other health care provider suggests another diet, consider responding with: “I have been prescribed diets my whole life and they have never made me healthier, thinner, or happier. My research says this is typical. What else can you recommend?” {This suggestion is from Ragen Chastain from her Dances With Fat blog. Amazing resource.}

4. **What do you recommend to your lean clients with PCOS?**

Get used to this question, it is a great, efficient one! No matter the condition or disease people of any size experience it. So how can fat or weight be the cause?? This question helps to reign in the health care provider to access the part of the brain they use when speaking to people in smaller bodies and you will be amazed to hear FINALLY some different information besides, JUST LOSE WEIGHT.

5. **Do you love research?? Ask for it.** Next time the doctor is pathologizing you for your size experiment with this: “I am really into researching my health care, can you show me the study where XYZ diet worked on people my size to both lower weight long term and have a health benefit?” {This suggestion is another from Ragen Chastain and her Dances With Fat blog. You MUST check out her work.} There is another brief way to ask this one: “Show me the data!”