

## **PCOS Foundation receives endless support for its third annual 5K fun run/walk**

*"Take a Stand" with the PCOS Foundation in effort to help change the lives of 7 million females living with Polycystic Ovarian Syndrome (PCOS).*

Since 2010, the [PCOS Foundation](#) has made history by hosting Houston's only awareness events for [Polycystic Ovarian Syndrome \(PCOS\)](#) during National PCOS Awareness Month. Since the day the organization was founded by President [Lisa Benjamini-Allon](#), education and awareness has continuously been provided in effort to take immediate action against a disorder that puts the health of millions of women and adolescent girls at risk for disease. From developing educational programs, offering support groups, and its growing number of supporters, they plan to continue making giant strides in this fight for females with [PCOS](#). This non-profit is making history. This year, the non-profit organization is ready to surpass expectations and has received their first 5K title sponsorship, the [Amerejuve 2012 PCOS Awareness 5K Fun Run/Walk](#).

[Amerejuve MedSpa](#) discovered many of their clients suffered from a symptom called [hirsutism](#), which is excess hair growth on the face and body, while performing laser hair removal. [Amerejuve MedSpa](#) felt that there is a definite need for women suffering from [hirsutism](#), to learn more about a syndrome called [PCOS](#). Through this journey they have joined forces with the [PCOS Foundation](#) and their mission to "Take a Stand" for the millions of females affected with [PCOS](#).

The purpose of the [Amerejuve 2012 PCOS Awareness 5K Fun Run/Walk](#) is to raise funds to provide awareness, education and support to females living with [PCOS](#). [PCOS](#) is the most common endocrine disorder and affects as many as 10% of females of childbearing age. Despite the large number of adolescent girls and women affected by [PCOS](#), many go undiagnosed, often because the symptoms of [PCOS](#) seem unrelated and there is no single diagnostic test. Teenage girls and women with [PCOS](#) may experience [difficulty losing weight, insulin resistance, irregular menstrual cycles, excess facial and/or body hair known as hirsutism, and enlarged ovaries with multiple cysts and infertility](#). [Polycystic Ovarian Syndrome \(PCOS\)](#) also puts women at a higher risk for certain diseases including [diabetes, endometrial cancer, heart disease and stroke](#), making [PCOS Foundation](#) efforts critical in the fight for those females suffering.

How will this year's event get better? President & Founder, [Lisa Benjamini-Allon](#), is so grateful for the communities support and initiative to "Take a Stand" for the millions of sufferers. This has allowed the non-profit to begin putting more community programming into place. Second, the [PCOS Foundation](#) has set a fundraising goal of \$75,000, which will be an impressive increase in their budget compared to last year. Third, the [PCOS Foundation](#) is projecting a turnout of approximately 600 participants for its third year.

If you are up for the challenge, we commend you! Women and young girls with [Polycystic Ovarian Syndrome \(PCOS\)](#) face the daily challenges that come with [PCOS](#). Show your support and your willingness to fight for their cause. You can register now for the [Amerejuve 2012 PCOS Awareness 5K Fun Run/Walk](#), volunteer, or help with fundraising efforts. Everyone who registers will receive a t-shirt, and all runners and walkers who show their support by crossing the finish line will receive a commencement bracelet for their efforts. Runners will receive prizes for the top 3 female and top male. After the success and experience gained from the past two years, the [PCOS Foundation](#) is confident that both sponsors and participants will enjoy their involvement with this year's event.

The [Amerejuve 2012 PCOS Awareness 5K Fun Run/Walk](#) will take place on September 23, 2012. Award winning singer & songwriter [Kristine Mills](#) will kick off the event with the National Anthem. [The Original Ninfa's on Navigation](#) will be holding an After Party immediately following the 5K at 10:00 am. You and everyone are invited! Chef Alex will feature a special blue margarita for the occasion and a portion of the sales from brunch that day will go to the [PCOS Foundation](#). Join the [PCOS Foundation](#) and President & Founder, [Lisa Benjamini-Allon](#) for a toast with a blue ([PCOS](#) signature color blue) margarita for the women and young girls with [PCOS](#)! Let's "Take a Stand!"

Thank you to the 2012 sponsors who include: [Amerejuve MedSpa](#), [LabCorp](#), [The Axelrad Clinic](#), [Advanced Fertility Center of Texas](#), [Smoothie King](#), [Chiral Balance](#), [The Original Ninfa's on Navigation](#), [Vitamin Water](#), [Houston Chronicle](#), [Eugot](#), [Mega 101](#), [American Diabetes Association](#), [Gay and Lesbian Yellow Pages](#), [Bayou City Outdoors](#), [Sun & Ski Sports](#), [Web Innovations](#), [Redcircle](#), [Downtown Aquarium](#), [My Fit Foods](#), [Spring Action Photos](#), [The Greensheet](#).

Visit [www.pcosfoundation.org](http://www.pcosfoundation.org) to register for the Run/Walk, learn more about Polycystic Ovarian Syndrome, or to connect with the [PCOS Foundation](#)



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