

8th Annual Congress on Polycystic Ovarian Syndrome and Fertility

June 12-13, 2025 | London, UK (Hybrid Event)

ORAL PRESENTATION

Overcoming PCOS and the power of electrolysis

Marta Ivaskevych

Licensed Electrologist, USA

I was diagnosed with PCOS in 2008, at just 18 years old. Shortly after, I developed a cyst on my ovary that required surgery. A year later, I was hit with another one, and this time it was worse. I felt a constant, deep pain in my left ovary that never let up, day or night. It became unbearable. I remember struggling to do simple things, and by the end, the pain was so intense that I couldn't even climb the stairs to the second floor of my own home. That's when I knew something was really wrong, and I had to go through surgery once again.

After the second operation, I began to notice something new and equally painful—emotionally this time. One morning, I saw a few dark hairs starting to grow on my chin. It might sound small, but for me, it was devastating. I felt like my body was no longer mine, like I was losing control over the way I looked and felt. When I went back to the doctor, they told me it was a common symptom of PCOS and suggested I try laser hair removal. Desperate for a solution, I followed their advice. But instead of getting better, things got worse. The laser triggered even more hair growth. It spread, becoming darker and denser, far worse than it had been before. That's when my real emotional struggle began. My self-confidence vanished. I felt embarrassed and ashamed. I didn't want anyone to look at me, didn't want to leave the house. I withdrew completely, and my world shrank to just two places: work and home. I stopped seeing friends, stopped smiling, stopped feeling like myself. I was just surviving, hiding from mirrors, cameras, and people.

After my painful experience with laser, I felt hopeless. I had been promised permanent results, and instead, I was left with even more hair than before. So when I first heard about electrolysis, I was extremely skeptical. I didn't believe it could be permanent—how could I, after what I'd already been through? But deep down, I was desperate. I thought, *maybe it won't fix everything, but if it could just help a little, it would be worth it*. By then, my entire face was covered with hair including my cheeks, my chin, and my neck. It felt like there was nowhere to hide, and every glance in the mirror reminded me of the battle I was fighting. I decided to give electrolysis a chance.

The beginning wasn't easy. I had to go in for treatments twice a week, two hours each session. It was intense. My skin became over-treated, leaving it red, swollen, irritated. There were moments I questioned if I was doing the right thing. But I also understood this was a normal reaction, especially in the early stages of treatment. My skin was going through a process of healing and renewal. Slowly but surely, something incredible began to happen. Week by week, I began to see a difference. My skin calmed down. The redness faded. The swelling disappeared. And most importantly, I started to see *me* again in the mirror. For the first time in years, I felt like I had a chance at freedom, a release from the hair, the shame, and the pain.

Electrolysis, for me, felt like a miracle, like magic. I can't even put into words how thankful I am for those treatments and for the incredible person who performed them. It wasn't just about removing hair; it was about getting me back. I began to feel like myself again. With every session, it was as if a layer of pain, shame, and insecurity was being lifted from me.

I realized I couldn't keep this experience to myself. I knew there were so many others out there suffering in silence, just like I did—feeling hopeless, hiding behind makeup, filters, and isolation. I wanted to tell them: *there is a solution*. You don't have to live like this. You don't have to settle. There is a real, permanent way to be free from unwanted hair. That's when something shifted in me. I thought, *Why not perform the service myself?* Who better to understand this pain, this journey, than someone who has lived it? I knew I could connect with people not just as a professional, but as someone who truly gets it. I had walked that path, every painful, emotional step of it, and now, I wanted to walk with others on their own journey to healing. Today, I do this work with purpose and passion, knowing that behind every client is a story, a struggle, and a hope. And I'm here to say: *you are not alone, and yes—it does get better*.

I'm truly honored to have a chance to speak at the PCOS and Fertility Conference. I want to remind everyone who's struggling with PCOS that you are not alone. Unfortunately,

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there are thousands of us facing the same challenges, but the good news is, there are solutions. One of the most difficult and often unspoken struggles is unwanted hair growth, and I'm here to share not just my personal journey, but also a real and permanent solution that changed my life.

Biography

Marta Ivaskevych is a licensed electrologist and founder of IMS Electrolysis in South Florida, internationally recognized for her specialized work with patients affected by Polycystic Ovarian Syndrome (PCOS). As both a practitioner and a PCOS patient, she brings deep clinical and personal

insight to the treatment of hormonally driven hair growth. Marta has treated over 300 women with PCOS using a customized electrolysis protocol that addresses complex endocrine profiles and skin sensitivities. She is the author of "Clinical Efficiency of Electrolysis and Laser Hair Removal in PCOS Patients," a comparative study highlighting electrolysis as a more effective and safer method for permanent hair removal in hormonal cases. To further support patients' recovery, Marta developed a specialized post-electrolysis skincare line formulated for sensitive and inflammation-prone skin. Through her clinical practice, research, and innovation, she continues to raise the standard of care and advocate for lasting, medically informed solutions for PCOS-related hair growth.