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Nutritional management of polycystic ovary syndrome

Mohamed Radwan

CR American Overseas Dietetic Association, Egypt

Polycystic ovary is becoming a very common disease or syndrome among girls from the age 14-21 years old and even women in childbearing period. A combination of menstrual irregularities, overweight or obesity, insulin resistance (type2 diabetes) and symptoms of virilization are characteristic of these cases. A multidisciplinary team should be involved in managing these cases, Gynecologist, endocrinologists, nutritionist and also psychologist. The role of nutritionist is crucial in these cases in weight reduction and the nutritional management. Is it an easy process to reduce weight of a PCO patients what diet plan should be followed? Is it successful to use one diet plan for all patients, what is the most suitable nutritional plan for these case? We will summarize the medical nutritional therapy and weight management in PCOs. We will summarize the best eating plan for women with PCOs and dietary composition in their treatment. In our presentation we will discuss the role of dietician in treating PCOs and Challenges for women with PCOS.

mohsradwan@yahoo.com