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## Application of thyroid acid in women with polycystic ovary syndrome and normal body weight

**L. A. Ivanova**

Endocrinology Department Kuban State Medical University, Russia, 4, Sedina str., 350063, Krasnodar

27 women with PCOS and normal body weight were divided into 2 groups. Patients of the main group (n=16) received thioctic acid 600 mg / day in combination with a protein rich diet within 1 year. Women in the control group (n=11) took only high-protein diet. Anthropometric examination (height, weight, waist circumference, calculation of body mass index), determining the level of basal and stimulated insulin blood plasma during the oral glucose tolerance test, the calculation of the index of insulin resistance (HOMA-IR) and volume of the ovaries according to the ultrasound examination was performed at baseline and after 1 year of treatment. As a result of therapy in the main group significantly decreased the basal and stimulated levels of insulin in the blood plasma, HOMA-IR, normalized volume of the ovaries. In the control group a significant improvement was obtained. It should be noted that these changes were achieved against a background of increasing weight to the upper limit of normal in the majority patients.

**Keywords:** PCOS, normal body weight, thioctic acid, insulinresistence.

### Biography

Ivanova L.A. was awarded the degree of Doctor of Sciences in February 2009. She was awarded the academic title of professor of endocrinology in December 2009. She is the head of Endocrinology Department at Kuban State Medical University since 1995. She has published more than 123 articles and abstracts in Russian and international journals. She is a reviewer of SCIENCE DOMAIN.

endocrinkgmu@mail.ru

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