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Polycystic ovarian syndrome: It's not just about fertility

Polycystic Ovarian Syndrome (PCOS) is the most prevalent endocrinopathy during the reproductive years, affecting 5-10% of women and has been classically associated with ovulatory dysfunction and hyperandrogenism. In 2003, an expert conference was organized in Rotterdam resulting in revised criteria for making the diagnosis of PCOS using two of the following three features: 1) oligo or anovulation, 2) signs of hyperandrogenism, 3) ultrasound evidence of polycystic ovaries. PCOS has a genetic multifactorial inheritance and is associated with a high risk of insulin resistance. Women with PCOS are at increased risk for reproductive and medical complications, including infertility as well as the metabolic syndrome, a ubiquitous pathologic constellation of diseases that place patients at risk of significant morbidity and mortality. The metabolic syndrome includes abdominal obesity, dyslipidemia, hypertension, and pre-diabetes and occurs at an increased overall prevalence rate of 43-47% in women with PCOS. The National Cholesterol Education Program Adult Treatment Panel defines the metabolic syndrome based upon three of the five following factors: waist circumference; fasting serum glucose; fasting serum triglycerides; serum HDL-cholesterol; and blood pressure. Further, PCOS patients are significantly predisposed to prediabetes and type 2 diabetes. Metformin is an oral biguanide insulin-sensitizing agent, commonly used to maintain blood glucose control in diabetes and also has a role in menstrual regulation, pregnancy and ameliorating the metabolic syndrome. In this seminar, I will review the association between the metabolic syndrome and PCOS and outline evidence based medical therapies and nonpharmacologic therapies to reduce medical complications and improve well-being.

Biography

Mark P Trollice, MD serves as Director of Fertility Care and Physician Partner at Vivere Health, LLC. He is the Medical Director of Fertility C.A.R.E., in Winter Park, FL. He serves as a Member of Advisory Board at Conceive Magazine. He is Clinical Associate Professor in the Department of Obstetrics and Gynecology at both Florida State University and the University of Florida. Board-certified in Reproductive Endocrinology and Infertility, he received Medical degree from the University of Medicine and Dentistry of New Jersey-Robert Wood Johnson Medical School in Piscataway, New Jersey.

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