

World congress on

Human Placenta, Fetal Nutrition and Metabolism

October 17-18, 2018 | Las Vegas, USA

Polycystic ovarian syndrome: Basics, causes and approach to management

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The polycystic ovarian syndrome (PCOS) is the commonest endocrine disorder affecting 5 to 10% of women of reproductive age group. It is defined as a syndrome of ovarian dysfunction, associated with hyperandrogenism and Polycystic ovary morphology with its huge impact on reproductive (infertility, hyperandrogenism, hirsutism), metabolic (insulin resistance, impaired glucose tolerance, Type 2 Diabetes mellitus, cardiovascular risks) and psychological (anxiety, depression and worsened quality of life) health. As a complex and multifactorial disorder, its background can be confusing to understand. The key feature, however, is increased production of androgen by the ovaries but, most of the risks are strongly linked to insulin resistance and are compounded by the common occurrence of obesity, although insulin resistance and its associated risks are also present in not obese women with PCOS. This review uses ovarian biology to clarify the etiology and understanding of PCOS with different approaches to management of its short and long-term health issues.

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