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Hooded disease–PCOS: Lifestyle-change with DEBEC-System: First step of health risk reduction

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Background: Obesity, irregular menstruation, fertility issues, and hair/skin problems as main-factors for PCOS, don't reflect every symptom of PCOS. Insulin resistance, hyper-cholesterolemia and reduced metabolism lead to far-reaching implications as increased risks of e.g. diabetes, cardiovascular disease, Hashimoto and endometrial cancer. Throughout a woman's life, PCOS is present, actual without curing. This endocrine-metabolic disorder is multifarious, the root cause yet unknown. Therefore, a defined therapy after early diagnosis is important.

Method: Pilot-Case Study, DEBEC-Systematic (Diagnostics-Eating-Balance-Exercise-Coaching) steering physical activity, dietary-change, holistic coaching. Period: 24 months, Endpoint: 15 kg weight-reduction and lifestyle-adaption. Measuring: weight (kg) and girth of waist (cm), hip (cm), neck (cm), BMI, body fat (in %), waist-hip ratio (WHR). Blood test: hormonal status, cholesterol, triglyceride, fasten glucose. Review after 36, 48, 60 months to emblaze sustainability of DEBEC-Method.

Results: After 24 month's therapies: weight reduction 17.1 kg (11 kg within 12 months). Blood test: normal hormonal status (under birth control pill), normal blood sugar level but cholesterol and triglyceride are out of specification (OOS). Contraceptive: Try and Error with Midane, Yasmin, Yaz, Cerazette related to side-effects. Personal: motivated, full of energy, success within her studies. Psychological: learned accepting living with PCOS. Review after 36, 48, 60 months cholesterol was still OOS and weight was 61±2 kg (BMI 22.8±1.5).

Conclusion: This Pilot Study shows how an individual based therapy with defined modules (DEBEC) can be successful related to health risk reduction suitable for daily use. Fat metabolism was not affected and must be further under control. Because of training about nutrition and exercise, the patient is enabled for own health management (e.g. weight control in a 2-kg weight scope round BMI 23). Coaching is important for the patient to preserve over a long time-period. Broader evidence based long-term studies are needed to fulfill individual requirements of PCOS-Patients with the DEBEC-Method.

Biography

Marion Eckert-Krause is a specialist for metabolic diseases. After training as a Practice Nurse and Gardener, she has studied Biology and Waste Management, and then she has worked for several years in field of sales before moving to internal sales via key account management. She spent nearly ten years in sales operations before earning a Doctorate in Medicine. Since then, she has worked in quality management and began with PCOS research. She has developed the DEBEC-Method and ran several case studies with menopausal/postmenopausal women including PCOS-diagnosed patients. To understand the principle of hair removal, she learnt electrolysis. Since 2012, she is actively joining congresses in Switzerland, Germany and Austria. Her Institute "FISGES" was founded in 2014 to take care of the PCOS-Patients needs with focus on a defined study. Since 2017, she is a Lecturer for Private University of Principality of Liechtenstein (UFL).

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