

4<sup>th</sup> World Congress on

# POLYCYSTIC OVARIAN SYNDROME

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### **Long term consequences of PCOS**

PCOS is a heterogeneous broad group of symptoms and signs that have both short and long-term consequences. AMH is significantly raised in anovulatory PCOS. The main role of Metformin is in the reduction of OHSS in IVF cycles. Weight loss improves the endocrinopathy of PCOS. PCOS has various long-term consequences that include endometrial hyperplasia and Type 2 DM MDT approach is essential. Anovulation associated with PCOS has long been known to be amenable to surgical treatment, and a long-term cohort study has shown persistence of ovulation and normalisation of serum androgens and SHBG up to 20 years after laparoscopic ovarian electrocautery in over 60% of subjects, particularly if they have a normal BMI While initial studies appeared to be promising, more recent large randomized controlled trials have not observed beneficial effects of metformin either as first-line therapy or combined with clomifene citrate for the treatment of the anovulatory woman with PCOS. The metabolic syndrome of PCOS and Insulin resistance is an important part of this presentation. Endometrial pathology due to prolonged exposure of unopposed estrogen is an important problem. The emotional and psychological effects of hirsutism, infertility and menstrual disturbances will be discussed.

### **Biography**

Radwan Faraj is a consultant obstetrician and gynaecologist and has been in the speciality for the last 15 years. He was the medical director of IVF unit in Muscat and had the first IVF baby in the Sultanate of Oman. Mr Faraj is the lead of infertility Unit in Rotherham and had a wide experience in the management of infertile couples. He has a special interest in recurrent pregnancy loss, gynaecology scanning, endometriosis and Polycystic ovary syndrome.

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