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An overview on sleep apnoea in Polycystic ovary syndrome

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Many women with PCOS are obese and have a higher prevalence of impaired glucose tolerance, type II diabetes and sleep apnoea than is observed in the general population. They exhibit an adverse cardiovascular risk profile, characteristic of the cardiometabolic syndrome as suggested by a higher reported incidence of hypertension, dyslipidemia, visceral obesity, insulin resistance, and hyperinsulinemia. The definition of Obstructive Sleep Apnoea OSA, pathophysiology and causes will be presented. Research has shown that raised BMI women with PCOS will have higher rates of OSA for the same BMI group compared to women without PCOS. Theories behind that will be covered together with a possible treatment strategy.

Biography

Khulud Nazer graduated from Jordan University Hospital in 1995. She has the Jordanian Board in ENT and worked as a Specialist in ENT in Amman. She has worked in Royal Blackburn Hospital and Manchester Royal Infirmary. She has an interest in Medical Education, Aesthetic Medicine and Otolaryngology. At present, she is a specialty Doctor Fellow in the ENT and Balance unit in Royal Hallamshire Hospital in Sheffield-UK.

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