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Early improvement in metabolic surgery for obese Polycystic ovary syndrome may be independent of the benefits of weight loss

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Aims: To investigate and discuss the clinical curative effect of laparoscopic sleeve gastrectomy (LSG) on Polycystic ovary syndrome (PCOS).

Methods: A retrospective analysis for the clinical data of 21 patients with PCOS accepted LSG in the Tenth People's Hospital Affiliated to Tongji University from May 2013 to July 2017 was made to compare the changes of the menstrual cycle, body weight, endocrine, and inflammatory factors before and after 6 months operation.

Results: 6 months after the operation, 90% of patients recovered their normal menstrual cycle and ovulation. The shortest recovery period was two days and the average was (1.89 ± 1.286) months, and 1 patient recovered the fertility. The clinical data of 10 patients showed that acanthosis nigricans were recovered, fasting blood glucose, glycosylated hemoglobin FBG, fasting insulin HbA1C FINS and HOMA-IR were significantly decreased ($P < 0.001$), insulin sensitivity index IAI increased significantly ($P < 0.001$), triglyceride TG decreased significantly ($P < 0.01$), HDL increased significantly ($P < 0.001$), uric acid UA significantly decreased ($P < 0.001$) and testosterone T level decreased significantly ($P < 0.001$).

Conclusion: LSG can be decreased significantly improve the clinical symptoms of patients with PCOS which may be independent of weight and the change of Endocrinology and metabolism, and the mechanism needs to be further discussed. Metabolic surgery can be used as the effective treatment of patients with PCOS. Early improvement from metabolic surgery for patients with obese Polycystic ovary syndrome may be independent of the benefits of weight loss.

Biography

Jie Dai, an undergraduate and attending physician, is currently a graduate student of Tongji University, Her tutor is professor Shen Qu, MD, PhD. She specializes in the direction of endocrine and metabolic diseases. She works in Youyi Community Health Center, Shanghai, China. She was selected into Shanghai Baoshan Medical Youth Training Program in 2015.

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