

# Polycystic Ovarian Syndrome Conference

November 16-18, 2015 Seattle, USA

## New IVF paradigm for management of PCOS: PGS followed by e-SET

**Angeline Beltsos**

Fertility Centers of Illinois, USA

Polycystic Ovarian Syndrome (PCOS) is the most common endocrine disorder affecting women of reproductive age. This syndrome is manifested by endocrine and metabolic dysfunctions which result in a markedly altered ovarian milieu. This environment is characterized by mutations in both the cumulus cell complexes of the oocyte as well as significant transcriptomic and secretomic alterations in the blastocyst. These factors result in a higher number of immature oocytes, possibly poorer quality oocytes, decreased rates of fertilization, decreased blastulation and blastocyst quality, less implantation and higher rates of miscarriage. Practical management of these patients remains difficult. Moving to IVF with careful stimulation, agonist trigger followed by freeze all, PGS and then single frozen embryo transfer may provide optimal results. Mitigating risks of PCOS patients doing IVF specifically their increased potential for excessive ovarian response (OHSS) coupled by a higher IVF cancellation rate is important. Increased evidence demonstrates that higher IVF implantation rates and improved pregnancy outcomes can be achieved by pre-implantation genetic screening, followed by frozen embryo transfer which may improve placentation and infant health as well. With additional data to support this trend, a new IVF paradigm is evolving single, genetically healthy FET. Applying this technology to the PCOS patient may provide an ideal outcome for many patients.

### Biography

Angeline Beltsos is the Medical Director of FCI-Highland Park; a Parent IVF and co-managing partner of FCI. She is Board Certified in Obstetrics and Gynecology and in Reproductive Endocrinology and Infertility (REI), practicing Medicine since 1991. She has completed her Residency in Obstetrics and Gynecology at Loyola University in 1995 followed by a Fellowship in REI at Washington University in St. Louis, Missouri completed in 1997. She is also the FCI Clinical Research Division Director and participates in a number of research projects and scientific publications. She is a popular speaker both nationally and internationally and a frequent media resource on the topic of infertility. She is the Executive Chair-person for the Midwest Reproductive Symposium, an international conference of fertility experts. She is a Clinical Assistant Professor for the Department of Obstetrics and Gynecology at University of Illinois at Chicago.

[angiebeltsos@gmail.com](mailto:angiebeltsos@gmail.com)

### Notes: