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Polycystic Ovarian Syndrome Conference

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Influence of thioctic acid on the hyper insulinemia and ovarian volume in female patients with polycystic ovary syndrome

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Hyperinsulinemia is considered by many researchers as the main cause of polycystic ovary syndrome (PCOS). The aim of our study was to evaluate the effect of thioctic acid (Thioctacid-HR) on hyperinsulinemia, insulin resistance, menstrual function, the volume of the ovaries in patients with PCOS. 25 women with polycystic ovary syndrome received Thioctacid-HR, 600 mg per day within three months. 20 people observed the high-protein diet only. Determining the level of basal and glucose-stimulated insulin calculation of the index of insulin resistance and ovarian volume were performed before and after 3 months of treatment. Thioctic acid treatment improved menstrual function and a positive impact on the average volume of the ovary after 3 months of treatment. 80% of women returned to normal duration and frequency to settle ovarian-menstrual cycle. Every third patient with amenorrhea were induced menses, two patients the appearance of the dominant follicle. Normalizing the average volume of the ovary after 3 months of treatment occurred in 64% of cases. In the control group similar positive results after 3 months of treatment were absent. Three women-heterozygous carriers of 21-hydroxylase gene mutation had the same positive effects of influence of thioctic acid on hyperinsulinemia, ovarial volume, HOMA-IR, restoration of ovulatory cycles like patients in the main group. One in June 2015 gave birth to a healthy baby.

Biography

L A Ivanova was awarded the degree of Doctor of Sciences in February 2009. She was awarded the academic title of Professor of Endocrinology in December 2009. She is the Head of Endocrinology Department at Kuban State Medical University since 1995. She has published more than 123 articles and abstracts in Russian and international journals.

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