

Polycystic Ovarian Syndrome Conference

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A look at the epidemiology of PCOS and economic cost to healthcare

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Polycystic ovaries syndrome (PCOS) is noted to affect 5% to 10% of women of reproductive age all over the world, which is approximately 4 million individuals. Its prevalence among infertile women is 15% to 20%. PCOS accounts for 95% of cases of hyper-androgenism and is responsible for over 20% of all cases of amenorrhea. Studies also reveal that 75% of all cases of an ovulatory infertility are caused due to PCOS. Coming to the economic perspective, according to the statistics available to us, experts have calculated the mean annual cost of the initial evaluation for PCOS to be about 93 million (2.1% of total costs). It is notable that hormonally treating menstrual dysfunction/abnormal uterine bleeding is estimated to cost about 1.35 billion (31% of total). Providing infertility care incurs an expenditure of about 533 million (12.2% of total), treatment of PCOS associated diabetes comes to around 1.77 billion (40.5% of total) and that of treating hirsutism costs in the range of 622 million (14.2% of total). The presentation will discuss the pros and cons of PCOS. We will dwell on the relation of other medical sub-specializations with the treatment of PCOS with special emphasis on overcoming the problems for PCOS in IVF. Highlights of the discussion will include how we can avoid ovarian hyperstimulation syndrome, diagnosis and mild stimulation, oral contraceptive pre-treatment, antagonist/GnRH agonist to trigger ovulation, use of Metformin in treating PCOS, freezing of embryos.

Biography

Awatif Al Bahar is a Medical Director, Senior Consultant in Obstetrics/Gynecology, reproductive Endocrinology at the Dubai Gynecology & Fertility Centre, Dubai Health Authority. After completing her graduation, she specialized in Obstetrics & Gynecology from the German Board, Koln and has a Membership in Endocrine and Infertility from Academic University in Bonn. She had been selected in 2002 in Dubai Excellency Program. Her name is mentioned in the UAE Book of Special Personalities of All Fields (i.e., Medicine, Politics, Art etc.) She was honored as Hero of Health Care in 2012 by her highness ruler of Ajman. She has held multiple posts in various capacities in the OBS/GYN and she is currently the Director of the IVF Board of the Ministry of Health of UAE. She is the Chairperson of the Emirates Obs/Gyn & Fertility Forum (EOFF) and a regular speaker on UAE activities in mother and child health via media; television, radio, ladies association, universities etc. She has many publications on polycystic ovaries and infertility.

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