

Polycystic Ovarian Syndrome Conference

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Prevention and management of PCOS

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Polycystic ovary syndrome (PCOS) can manifest in different forms with phenotypes ranging from lean women who have irregular menses and polycystic ovaries to overweight women with insulin resistance, hyperandrogenism and high risks for worsening metabolic disease over the lifetime. Despite the different presentations, women who raise the clinical suspicion of PCOS require detailed and thoughtful evaluation to confirm the condition, particularly in adolescents in whom diagnosis can be particularly challenging, evaluate for specific phenotype and co-morbidities with ongoing screening intervals reflective of their individualized disease risks and counsel women regarding their lifelong reproductive and metabolic risks. Prior evidence has suggested that provider specialty and training influences how many of these goals are actually met and thus more training and emphasis is required for both women with PCOS and their healthcare providers. The proposed talk could be tailored to cover the individual topics within this session including managing PCOS in primary care settings in adolescents and or over the long term. Detailed review of the evidence and available guidelines regarding risks, screening and treatments would be featured alongside tips to address common barriers to provision of complete care such as provider discomfort with lifestyle counseling. An emphasis will be placed on prevention of co-morbidity development, particularly among young girls and adolescents in whom the ongoing childhood obesity crisis raises concerns for increasing rates of PCOS.

Biography

Rashmi Kudesia has completed her undergraduate degree at Brown University and received her MD from the Duke University School of Medicine. She has completed her Residency at New York Hospital-Weill Cornell and her fellowship Training at Montefiore Medical Center-Albert Einstein College of Medicine along with a Master of Science in Clinical Research Methods. She is an Assistant Professor of Reproductive Endocrinology & Infertility at Icahn School of Medicine at Mount Sinai/Reproductive Medicine Associates of New York. She has presented and published clinical research, review articles and book chapters focused on PCOS and enjoy the clinical care of PCOS patients.

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