

# Polycystic Ovarian Syndrome Conference

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## Using technology to deploy multivariate approaches to improving PCOS

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PCOS is a complicated, chronic endocrine disorder that accounts for roughly 1/3 of infertility cases among women in the US. Common interventions such as metformin, temporary blood sugar management and inducing ovulation (to promote pregnancy) fail to address the chronic underlying metabolic issues which impact progesterone and severely impact miscarriage and live birth rates. The temporary management of PCOS distinctly as a disorder of ovulation eliminates the opportunity to examine and address long term health impacts such as heart disease and diabetes that significantly undermine the individual's overall health and dramatically contribute to future healthcare costs. Complex, multisystem disorders like PCOS require new medical paradigms that can employ multivariate interventions designed to identify and address a wide range of underlying factors. These interventions extend beyond treating inconvenient symptoms, such as anovulation and fundamentally change patient health and future health care outcomes. As the stewards of our patient's health, we should leave them fundamentally better than we found them. This plenary session will detail novel diagnostic models that can expand a physician's ability to address the underlying issues related to PCOS and infertility, discusses a multivariate intervention strategy that can easily be employed in any office and reviews the relevant supporting literature.

### Biography

Kirsten Karchmer is a board certified Reproductive Acupuncturist and former President of the American Board of Oriental Reproductive Medicine. She is the founder of The Texas Center for Reproductive Acupuncture, one of the largest fertility wellness clinics in the US. For the last 15 years, she has been pioneering proprietary infertility assessment and treatment protocols that maximize the natural fertility of her patients and while improving their overall health. In 2013, she founded conceivable, translating her successful clinical programs into a technology enabled program that provides affordable and impactful reproductive solutions to women nationwide. She lectures internationally on the future of integrative medicine and using technology to better serve patients, providers and healthcare systems.

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