

Polycystic Ovarian Syndrome Conference

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Metabolic syndrome and cardiovascular risk assessment among women with polycystic ovary syndrome attending King Khalid Hospital in Tabuk

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Background: Polycystic ovary syndrome (PCOS) is the commonest endocrine disorder at a reproductive age. It is associated with a high risk of metabolic syndrome (MS) and cardiovascular diseases (CVD).

Objectives: To study the prevalence of MS in women with PCOS and to investigate the metabolic profile and global cardiovascular risk (CVR) among them.

Subjects & Methods: We randomly selected 404 infertile women, checked them for diagnosing PCOS, MS and estimated CVD probability. Student T-test, Chi-square and conditional logistic regression were used for statistical analysis.

Results: MS was diagnosed in about 58% and 32% of women with and without PCOS respectively ($p < 0.00$). Older age groups and women with high BMI showed statistically significant more prevalence of MS in PCOS compared to NO PCOS group. Patients with the two syndromes showed statistically significant higher averages of clinical and biochemical values ($p < 0.00$), higher rate of CVR and higher percentage of clustering of MS factors compared to NO PCOS patients with MS ($p < 0.00$). Weight, waist circumference and high density lipoprotein are predictive for the occurrence of MS among PCOS group.

Conclusion: Patients with PCOS have a higher risk of development of MS and CVD. Screening for early detection of PCOS and MS and the application of cohort studies are recommended to better study the role of PCOS in development of CVD and to assess the significance of interventions.

Biography

Amani Ali Shaman has completed her Residency in Obstetrics and Gynecology in 2005, followed by Fellowship in Reproductive Endocrinology and Infertility. In 2009, she has joined Tabuk University as an Assistant Professor in Obstetrics and Gynecology and become the Head of the Department in 2012.

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