

2<sup>nd</sup> World Congress on

# Polycystic Ovarian Syndrome

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## Treatment of polycystic ovary syndrome in a patient with a classic version adrenogenital syndrome

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Polycystic Ovarian Syndrome (PCOS) is one of the most common metabolic and reproductive disorders among women of reproductive age. According to National Institute of Health (NIH), the prevalence is around 4-10%. Nowadays, lifestyle changes such as exercise and calorie-restricted diet seems to be cost-effective. There is no discussion about effectiveness of clomiphene citrate (CC) as first line treatment of anovulatory infertility; however, we do not have a clear protocol of drugs when there is comorbidity (insulin resistance, high adrenal androgen, hyperprolactinemia). Therefore, a complete evaluation and individualized treatment is mandatory. Second line treatment includes ovulation induction with gonadotropins and laparoscopic ovarian drilling (LOD). Most studies granted same results in general terms with some concerns about multiple pregnancy and ovarian hyperstimulation syndrome (OHSS) on the gonadotropin arm and premature ovarian failure (POF) on LOD arm. Anyway, whether we consider a first or second line therapy, we cannot forget that the main problem in women of reproductive age is infertility therefore it is not just an individual problem but couple's problem. A fertility approach means making an evaluation and diagnosis of both partners because only then, we will know if the proposed algorithm remains in effect for a particular couple.

### Biography

In 2008 she defended her doctoral dissertation at the Medical university of Samara and became a professor of medicine. She is currently the chair of endocrinology department of Kuban State Medical University.

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