

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

# Polycystic Ovarian Syndrome

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## Ultrasonography in PCOS - Re-evaluation of ultrasound criteria for polycystic ovarian morphology improves accuracy of diagnosis

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Inclusion of ultrasonography for diagnosing polycystic ovarian syndrome (PCOS) was first proposed by the Rotterdam Consensus workshop group in 2003. According to their criteria, the polycystic ovary should have 12 or more follicles, each measuring between 2-9mm and/or an ovarian volume of 10 cubic cm. Since its introduction, numerous studies have questioned the validity of this criteria in diagnosing PCOS as a lot of normal women were being labelled as PCOS patients. The ultrasound technology has undergone many advancements since then and hence diagnosing PCOS based on this criteria can no longer be appropriate in the clinic. With the newly available ultrasound technologies, the criteria thus requires modification to reliably define the polycystic ovarian morphology and aid in the clinical diagnosis of PCOS. It will also help in investigating and defining the various phenotypic variations of PCOS. Thus, revisiting the diagnostic thresholds of polycystic ovaries is the need of the hour. New AES guidelines (2015), which are based upon a review of the data published using new ultrasound technology, have increased the threshold count of small ovarian follicles to 25. When using the new ultrasound machines, therefore, diagnosis of PCOM is possible in patients having atleast 25 small follicles (2 to 9 mm) in the whole ovary. Ovarian size threshold has not been influenced by new technologies, and 10 mL remains the threshold between normal and increased ovary size. In certain populations, during adolescence and in aging, however, a different threshold for ovarian size may be needed. It is now absolutely necessary for clinicians to know what technology is used for assessment ovarian morphology in their patients. If the clinician is not sure about which ultrasound technology is used, the diagnosis of PCOM should not be based on follicle count but only on ovarian size.

### Biography

Dr. Reshu Saraogi, completed her Masters in Obs/ Gyn at the age of 28 years from Delhi university, and did her fellowship in Gynecological laparoscopy from Rajiv Gandhi university, Bangalore, INDIA. She has published various articles in reputed journals and also contributed chapters for various textbooks on fibroids and laparoscopic hysterectomy. She has keen interest in the management of PCOS for which she offers various awareness / education programs on diet and exercise to her patients.

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