

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

# Polycystic Ovarian Syndrome

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## Caveats in adolescents with polycystic ovarian syndrome and demographics in a tertiary center

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Polycystic ovarian syndrome (PCOS) is a common heterogeneous condition with features overlapping some characteristic of normal pubertal development. To characterize features and diagnostic challenges in adolescents with PCOS, we performed an IRB approved retrospective chart review of 251 subjects referred to the endocrine clinic, general pediatric clinic and healthy lifestyle clinic with a presumed diagnosis of PCOS. Our aims were to: Evaluate baseline demographics and laboratory parameters; determine the true prevalence of PCOS and create a tool for providers to improve identification of PCOS. The average age was 15.4 years. We identified 19 subjects (8%) with confirmed PCOS, 73 subjects (28%) with possible PCOS. Of the combined groups (possible and confirmed PCOS), 65% were African American and 26% were Caucasian. There were no ethnic differences for age, androgens and menstrual pattern. However, African American subjects had a significantly higher BMI ( $p > 0.005$ ), higher prevalence of pre-diabetes, vitamin D insufficiency, lower prevalence of dyslipidemia in comparison to Caucasians. Of the patients with ICD code PCOS, 60% did not have PCOS. Conclusions are: Our study demonstrates ethnic variation in metabolic parameters and the importance of screening for these comorbidities. To avoid misdiagnosing PCOS, we created a tool in clinic to ensure that prior to using the ICD code for PCOS, other disorders associated with irregular menses or hyperandrogenism need to be excluded from diagnostic consideration and great caution should be taken before diagnosing PCOS in adolescent girls.

### Biography

Lori Shenep is a Pediatric Resident at the University of Tennessee Health Science Center in Memphis, TN and is actively involved in clinical research with Dr. Al-Zubeidi. She completed her Bachelor of Science in Biology from Emory University and Medical Doctorate from University of Tennessee Health Science Center.

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