

2nd World Congress on

Polycystic Ovarian Syndrome

October 05-07, 2016 Orlando, Florida, USA

Interventional endocrinology: An integrated strategy in treating hirsutism

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Hirsutism is a multifaceted disorder with endocrine, reproductive, metabolic, dermatologic and psychosexual manifestations. The aim of this presentation is to demonstrate that integration of endocrine treatment with applications of in-office laser procedures achieve optimal results in shorter times. While polycystic ovarian syndrome, PCOS, is the most common endocrine disorder, and is the most common cause of hirsutism, endocrinologists have self-limited their management into pharmacologic treatments of the hormonal and metabolic disorder of this multifaceted syndrome. Meanwhile, several in-office none or minimally invasive procedures effectively ameliorate many of PCOS manifestations, such as laser hair thermolysis, fractional laser with 5-alpha reductase inhibitors for treatment of androgenic alopecia and laser technologies for treatment of androgenic skin manifestations. Likewise, several newer interventions in other ailments are now evolving, such as laser management of reproductive problems in menopausal women and laser face lifts and wrinkle management in combination of hormone replacement therapy. In this presentation, successful results of an integrated approach within an endocrine practice will be demonstrated to show-case the effectiveness, simplicity and safety of various laser technologies when combined with pharmacologic therapies. This opens the door to a newer discipline, interventional endocrinology, in which lifestyle management is integrated with pharmacologic treatments and in-office procedures to acquire optimal responses from synchronized systemic and topical interventions. In the author's opinion, the endocrinologist is well suited to develop the skills to provide these in-office procedures as a part of superior integrated medical care for PCOS patients.

Biography

Taher H Khalil is a Fellow of American College of Endocrinology since 1998. He graduated from Faculty of Medicine, Alexandria University, Egypt in 1969 and completed his Post-graduate MD thesis in collaboration with U.S. Office of Naval Research, Arlington, Virginia in 1979. He is Director of Hormonal Disorders Specialty in Dubai since 1995. He is involved in management of PCO since 1973, and in combining laser treatments from 1997. He co-founded and directed Sharjah University Laser Training and Research Center since 2010. He published more than 15 scientific publications in major journals and conferences since 1979.

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