

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

# Polycystic Ovarian Syndrome

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## Polycystic ovarian disease in adolescence, a neglected age!

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**P**olycystic Ovarian Syndrome (PCOS) is an endocrine disorder that can affect females throughout their lifetime from puberty to menopause. As healthcare providers, we are aware of the long term effects of PCOS on women during their reproductive years and the co-morbidities later in life. PCOS symptoms can be quite distressing for any woman suffering with irregular periods, weight gain, acne, hair thinning and hirsutism. The impact of this symptom on young vulnerable girls growing up in this digital age, where image is everything is several folds. Many girls suffer with these symptoms in silence and do not receive a diagnosis until later in life. Puberty is a tumultuous time and with the additional burden of PCOS it can have a lasting psychological impact as well as long term health and fertility sequelae. We can empower these young girls by educating them once a diagnosis is made. This can assist in minimizing the burden of PCOS on women by providing them with the knowledge they need at an early age. It is our duty as healthcare providers both in primary care and as specialist to inform these young girls and their guardians about PCOS and its effects both in their early years and later on in life. This in turn will minimize the psychological and emotional exposure at this tender age. It will provide the future generations with the knowledge they need to deal with the burden of the disease as well the long term impact on health and fertility.

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## Immunological aspects of PCOS: The road less travelled

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**D**espite the significant progress made over the past decades towards defining the exact aetiology of polycystic ovaries, we are still not in a position to offer a plausible and life changing solution to women with PCOS (Polycystic Ovary Syndrome). Anovulation, subfertility, pregnancy loss, weight control, hirsutism and diabetes keep affecting their quality of life, making PCOS a global problem. The scientific community has not focused on the immunological side of PCOS until only a few years ago. Yet strong evidence is immunological factors that may be playing a significant role in the pathogenesis of the syndrome, and there is now enough studies to demonstrate that women with PCOS have increased circulatory levels of inflammatory cytokines, reduced T regulatory cell levels and higher risk of subclinical thyroidism. There are also studies to suggest that this immunological dysregulation seen in women with PCOS affects early angiogenesis at the level of the decidua, a connection that could shed light to the higher risk of first trimester pregnancy loss experienced by PCOS patients. This presentation attempts to "join the dots" between current studies on Immunology of PCOS and everyday clinical practice and broaden the horizons of Ob/Gyns and REIs with concise and practical advice for the management of PCOS patient beyond the standard and unfortunately largely inefficient current care.

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