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An integrative approach to healing PCOS and infertility

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PCOS is one of the leading causes of infertility in reproductive age women. One in 2 women with infertility has PCOS, so it is a growing problem that needs creative solutions. There are very few conventional treatment options, and many women with PCOS will never have families. However, PCOS is treatable and manageable effectively when treated in an integrative approach. In this talk, Dr. Aumatma Shah will share the most effective natural approaches to treating PCOS in young women, as well as treating PCOS in women actively trying to conceive to support their fertility. Data presented will be based on current scientific knowledge, as well as clinical experience. This talk will leave you with clinically relevant information and expertise in treating PCOS effectively.

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Marker for assessing insulin resistance in African woman with PCOS

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Polycystic ovary syndrome (PCOS) is the most common endocrine disorder affecting 5-10% of women in reproductive age. Insulin resistance (IR), a prominent feature of PCOS, is found in 35-80%. Without an adequate management, IR with its compensatory hyperinsulinemia contributes directly to reproductive dysfunction, increased risk of metabolic syndrome, type 2 diabetes and cardiovascular disease in PCOS women. Given these severe implications, it is important to diagnose and treat insulin resistance as early as possible. A study conducted in Congolese women with PCOS shows that almost 1 of 2 women with PCOS is insulin resistant. And this feature is independent from overweight and obesity. Considering this fact and its burden, there is a need of an accurate marker for early detection and assessment of IR in Sub-Saharan African PCOS women. A host of methods have been described for assessing insulin resistance. The hyperinsulinemic euglycemic clamp remains the gold standard for direct measurement of insulin sensitivity. However, it is not used routinely because of the complexity of its procedure. Consequently, there has been an urgent need of surrogate markers of IR which are more applicable in large population-based epidemiological investigations. However, there is no recommended screening method for assessing IR in PCOS women. This lecture aims to focus on current existing markers of IR. In depth knowledge of these markers will help to discover which can be an easy-to-detect marker that can be used efficiently for assessing IR in Sub-Saharan African women with PCOS.

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