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Assessment Of Prevalence of Eating Disorders Among Indian Adolescents With Polycystic Ovarian Syndrome

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Polycystic ovary syndrome (PCOS) is one of the most common endocrine disorders among women of reproductive age and six out of ten females with PCOS are teenage girls. PCOS may be associated with disordered eating behaviour (DEB), but there is hardly any data in Indian adolescents in this field. The objective was to determine the prevalence of DEB and associated risk factors among young Indian adolescents with PCOS. Participants were 125 young PCOS females age 13 to 19 years diagnosed by Revised Rotterdam criteria and 65 age matched non-PCOS controls who underwent detailed history, anthropometry and hormonal analysis. Depression was assessed by PHQ-A questionnaire. DEB was assessed by administering Eating Attitude Test -26 (EAT-26) Questionnaire. The mean age of participants was 15.7 ± 3.3 years. 19.2% subjects in PCOS group and 5.8% in control group had an EAT-26 score of >20 suggesting a tendency of having DEB ($p=0.01$). EAT -26 score had significant co-relation with BMI ($P=0.025$), hirsutism score ($P=0.02$), HOMA-IR ($p=0.014$) and depression ($p<0.01$) and no co-relation with acne, menstrual irregularity, dyslipidaemia, TSH, free testosterone and 17-OH P levels. Our study shows that the prevalence of eating disorders is high among Indian adolescents with PCOS and it correlates with BMI, Hirsutism score, insulin resistance and depression. As eating disorders can have negative influence on the treatment outcomes in PCOS, the initial evaluation of PCOS in adolescent girls should also include the assessment of DEB as weight loss in these adolescents may require special management strategies.

Biography

Vipan Talwar has completed his MD (Medicine) from GND University, Amritsar, India and DM (postdoctoral study in Endocrinology) from Post Graduate Institute of Medical Sciences and Research, Chandigarh, India. He is Director and Consultant Endocrinologist at Golden Hospital, Jalandhar, India. He is Fellow of American College of Endocrinology (FACE) and has published more than 25 papers in reputed journals.