

9th Annual Congress on Polycystic Ovarian Syndrome and Fertility

ORAL PRESENTATION

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Digital metabolic care as an adjunct in PCOS & fertility management: Insights from a pilot observational study**Sania Bashir**

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Background: PCOS is strongly associated with insulin resistance, weight gain, menstrual irregularity, and reduced fertility. Optimising metabolic health is crucial for restoring ovulation and enhancing reproductive outcomes. Digital health solutions provide scalable support but are underexplored in PCOS populations, especially in South Asia.

Objective: To evaluate the impact of digital metabolic monitoring and structured lifestyle counselling on insulin resistance related outcomes in women with PCOS, using data from a pilot observational study.

Methods: This observational pilot study included 120 women with PCOS enrolled in the Diabetes TeleCare digital care program (2023–2024), with clinical or biochemical evidence of insulin resistance.

Data were collected from:

- App-based logs of diet, physical activity, and glucose readings
- Teleconsultation notes by diabetologists
- Automated behavioural prompts and adherence reminders
- Follow-up metrics on weight, fasting glucose, and menstrual regularity (self reported)

Primary outcomes assessed included changes in weight, fasting glucose, lifestyle adherence, and menstrual cycle improvement over 12 to 16 weeks.

Results:

- Lifestyle adherence: 85% of participants consistently logged diet and activity ≥ 5 days per week
- Glycemic improvement: Mean fasting glucose decreased from 104 ± 12 mg/dL to 97 ± 10 mg/dL
- Weight reduction: Average weight loss was 2.3 ± 1.5 kg
- Menstrual regularity: 62% of participants reported improved cycle frequency and ovulation patterns

These outcomes suggest that digital metabolic care can support key metabolic and reproductive parameters in women with PCOS.

Conclusion: Digital metabolic monitoring offers a promising adjunct to conventional PCOS management. By enhancing adherence, enabling real time oversight, and supporting behaviour change, digital interventions may contribute to improved metabolic balance and fertility outcomes, particularly in resource limited settings.

Biography

Dr. Sania Bashir is a Consultant Diabetologist and CEO of Diabetes TeleCare, Pakistan's leading digital diabetes and metabolic care platform. She specializes in insulin resistance, digital health innovation, and women's metabolic wellness. Dr. Sania integrates technology with clinical practice to improve outcomes in diabetes, PCOS, and fertility, and has presented research internationally, including at the International Diabetes Federation.