

Review on Polycystic Ovary Syndrome- Clinical Manifestations , Diagnostic workup and Management

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Abstract

Polycystic ovarian syndrome emerges as the most conspicuous endocrinopathy affecting 2.2 – 20% of women belonging to reproductive age group. Diagnosis of PCOS is established when 2/3 of the Rotterdam's criteria is met i.e Hyperandrogenism , Ovulatory Dysfunction and Polycystic ovaries.(12 or more follicles of size 2-9mm in each ovary and /or ovarian volume > 10mL).According to Guidelines from Endocrine Society , early recognition of PCOD facilitate healthcare providers to prevent and treat adequately wide range of metabolic complications i.e Impaired Glucose tolerance , Type II Diabetes Mellitus, Metabolic syndrome , Dyslipidemia ,Non alcoholic fatty liver disease and non alcoholic steatohepatitis , Obesity , Obstructive sleep apnea and cardiovascular diseases. Diagnostic workup and management of PCOS is based on correction of metabolic derangements , psychosocial problems , control of menstrual cycle and prevention of endometrial hyperplasia , assessment of ovulation / fertility and reduction of Dermatological manifestations. Patient's desire for induction of ovulation and pregnancy plays a pivotal

role in management of PCOS. This paper emphasizes on potentially risk factors and impacts of PCOS on multiple systems along with various treatment modalities (pharmaceutical therapy , hormonal contraceptives and lifestyle modification) available to nullify them. Self care and multidisciplinary approach to reduce the morbidity due to PCOS is also discussed.



Biography

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