

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

Priyanga Poomani Karpagam

Faculty of medical science & Research, India



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 PCOS 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

Karpagam Faculty of medical science & Research, India. Very much interested to learn and to research in the field of Medicine. Enthusiastic to work, eager to become an experienced doctor to serve people in need with all care. Majorly interested to do more research on women health problems.

