

Role of lifestyle modification and natural supplement in PCOS management

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Abstract

Polycystic ovary syndrome (PCOS) is one of the commonest hormonal disorders among women. It's thought to affect one in five women worldwide, the cause of PCOS is not fully understood, however it is believed to run in families (genetics). It affects female 2 years after the first menstrual cycle and the impact of this disease continues until menopause. The incidence of PCOS in USA is 1 in 10 women, in Europe 1 in 5 women.

Insulin resistance affects 50%–70% of women with PCOS leading to a number of comorbidities including metabolic syndrome, hypertension, dyslipidemia, glucose intolerance and diabetes. Common Management of clinical manifestations of PCOS includes Metformin and oral contraceptives. According to the latest published guideline in PCOS management, life style modification is the gold standard step in the management. A recent trend has evolved and is gaining momentum is the use of natural supplements in PCOS management, this is supported by scientific research, and the result from PCOS specialized clinic support the above trend.



Biography:

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[3rd World congress on Nutrition and Obesity Prevention;](#)
Webinar – October 26, 2020.

Abstract Citation:

Manar Naqqar, Role of lifestyle modification and natural supplement in PCOS management, Nutrition Meet 2020, 3rd World congress on Nutrition and Obesity Prevention; Webinar- October 26, 2020.

<https://obesityprevention.nutritionalconference.com/>

