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POLYCYSTIC OVARIAN SYNDROME: ASSOCIATION WITH METABOLIC ABNORMALITIES

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Pathophysiology and management issues of PCOS are still far from clear. PCOS has many clinical phenotypes and associated with several metabolic perturbations. There are controversies about the prevalence of insulin resistance and metabolic derangements among PCOS phenotypes. We have observed wide variation of these issues among the common phenotypic variants of PCOS. Menstrual irregularity and metabolic profile as well as insulin resistance may also be related in PCOS. Hyperandrogenemia including total testosterone, free androgen index, testosterone to dihydrotestosterone ratio may be altered as to be useful for the prediction of metabolic abnormalities in PCOS. We have studied the glycemic status and metabolic disorders in women with PCOS. Women with PCOS have statistically significant higher level of fasting insulin, fasting glucose/fasting insulin ratio, HOMA-IR, total cholesterol and triglyceride. Frequency of prediabetes, insulin resistance and metabolic syndrome are also significantly higher in women with PCOS. Therefore, evaluation of metabolic status is necessary for all women with PCOS.

BIOGRAPHY

Hurjahan Banu is working in the PCOS study group, holding a FCPS degree in Endocrinology is currently working as post graduate fellow and permanent Staff Researcher in the Department of Endocrinology, Bangabandhu Sheikh Mujib Medical University (BSMMU), Dhaka, Bangladesh. Her research interests are in PCOS and infertility, obesity, diabetes and thyroid disorders. She has published few articles in national and international journals.

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