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## Role of insulin resistance in polycystic ovarian disease

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5-10% of women of reproductive age are affected by polycystic ovarian disease (PCOD). Its prevalence is 15-20% among infertile women. It is the commonest endocrine disorder of women in reproductive age group. It is commonly seen in general population but most often diagnosed in patients with infertility. The study design was analytical, prospective, cohort study which included 125 diagnosed PCOD women from outpatient department. Parameters studied were BMI, fasting and post prandial blood sugar levels, insulin resistance. Prevalence of insulin resistance among PCOS patients attending our OPD was found to be 43.2%. Our study has shown that insulin resistance

can also be found in patients with low BMI in contrast to inference of most of the other studies.

### Speaker Biography

Arati Anand Adhe has completed her post-graduation from prestigious National Board of Examinations. She is member of prestigious National Academy of Medical Sciences. She has completed her diploma in reproductive medicine from International School of Medicine, Kiel, Germany. At present she is consultant at P D Hinduja National Hospital & Research Centre, Mumbai, India. She has several national and international publications to her credit including original articles and invited reviews. She has also presented her research work in many national and international conferences around the globe.

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