



## Association of polycystic ovary syndrome with lifestyle factors: a call for improved diagnosis

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### Abstract:

Polycystic Ovary Syndrome (PCOS) is the most common cause of female infertility worldwide with unknown aetiology. It contributes to over 60% of anovulatory infertility. It affects 1:10 women of reproductive age, and is associated with several comorbidities such as obesity, diabetes, cardiovascular disease and anxiety disorders. It is estimated that over 50% of PCOS is undiagnosed or misdiagnosed due to its multifactorial nature. Current diagnosis criteria include hyperandrogenism, oligoovulation and polycystic ovaries. Predominantly an endocrine disorder that is caused by a hormonal imbalance, its significant association with diabetes and metabolic disease is yet to be appreciated as a major contributor to its pathogenesis, despite the increase in the unlicensed prescriptions of anti-diabetic medications, such as metformin, to control the disorder.

Using a multi-arm questionnaire, we have recruited over 200 women with or without confirmed PCOS diagnosis. A combination of data related to symptoms, treatment, outcomes and basal knowledge on the condition has been collected. Analysis to date show the strongest correlation of PCOS with diabetes and with clinical decisions on lifestyle changes despite geographical location or ethnicity. Results from our study call for a consideration of PCOS as a disorder on the spectrum of non-communicable diseases (NCDs). Inclusion of metabolic disease markers may improve diagnosis and limit unnecessary pharmaceutical and medical intervention.



### Biography:

Dr. Saba Alzabin has completed her PhD from New York University and postdoctoral studies from Imperial College London and the University of Oxford. After, she embarked on an industrial career to lead a pre-clinical programme for the assessment of immune-related disorders at Epistem Ltd where she has lead multiple successful projects for pharmaceutical and biotech client pipelines. Maintaining her academic links, Dr. Alzabin was also a visiting scientist at the University of Manchester where she has collaborated on projects and co-supervised doctoral students. Saba is now the co-founder and Chief Scientific Officer of Nabta Health, the world's first Hybrid Health company focussing on improving healthcare access and diagnosis for women. She has published more than 18 papers in reputed journals, serves as a scientific advisor to a couple of biotechnology companies, and spends her leisure time improving the physical fitness and health of others.

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