

7th Annual Congress on

Primary Healthcare, Nursing and Neonatal Screening

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Women's Health, Obstetrics and Female Reproductive System

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Shabnam Das Kar

Better: A medical centre for complete living, Canada

Polycystic Ovarian Syndrome: Looking beyond prescription medicines

Polycystic Ovarian Syndrome (PCOS) is a major cause of menstrual irregularities, obesity, and infertility in women. The diagnosis of polycystic ovary syndrome (PCOS) is made if any two of the following three criteria are met: Androgen excess, ovulatory dysfunction, polycystic ovaries. Metabolic dysfunction (chronic low-grade inflammation, atherogenic dyslipidemia, insulin resistance, hypertension) is present in a large number of women with PCOS. Standard of care recommends lifestyle changes, such as diet and exercise, as first-line treatment for adolescent girls and women with PCOS. Oral contraceptives are recommended for women with menstrual irregularities. However, combined oral contraceptives may have deleterious effects on metabolism and lipid parameters in women with PCOS. Many women with PCOS have obesity, particularly central obesity. Weight loss in these women has been associated with better cycle control, higher ovulation rates, and improved cardiovascular risk factors. Though there is no consensus on the best diet for weight loss in women with PCOS, considering that insulin resistance is a major component of this condition, using a low carbohydrate diet can show better long-term benefits. Through my presentation, I will help practitioners add more tools to their toolkit. All these modalities help in dealing with the metabolic dysregulation of PCOS as well as fertility.

Biography

Dr Shabnam Das Kar MD, FMNM is a consultant in Functional and Metabolic Medicine. She has a Fellowship in Metabolic and Nutritional Medicine from the American Academy of Anti-Aging Medicine, USA and a Brain Health Coaching Certification from Dr Daniel Amen's Clinic, USA. Her medical practice is in India. She practices through telemedicine. In addition, she works as the Director of Medical Education, Better Medical Centre, Calgary, Alberta. She has co-founded the Metabolic Dietary Solutions Program (MDS Program), which is a program based on nutrition science and medicine. Dr Kar was practicing as an OBGY in India for more than 20 years before transitioning to Functional and Metabolic Medicine. She is an international speaker in her field. Her areas of interest are Autoimmune Diseases, Metabolic Dysfunction, Women and Cardiovascular Disease, Brain Fitness, Hormone Balance in Men and Women, Pre-Conception Counseling.

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