

Polycystic Ovary Syndrome, Clinical Manifestations, Diagnostic

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Polycystic ovarian syndrome emerges as the most conspicuous endocrinopathy affecting 2.2-20% of women belonging to re-productive age group. Diagnosis of PCOS is established when 2/3 of the Rotterdam's criteria is met i.e., hyperandrogenism, ovulatory dysfunction and polycystic ovaries. (12 or more follicles of size 2-9 mm in each ovary and/or ovarian volume >10 ml). According to guidelines from endocrine society, early recognition of PCOD facilitate healthcare providers to prevent and treat adequately wide range of metabolic complications i.e., impaired glucose tolerance, type-II diabetes mellitus, metabolic syndrome, dyslipidemia, non-alcoholic fatty liver disease and non-alcoholic steatohepatitis, obesity, obstructive sleep apnea and cardiovascular diseases. Diagnostic workup and management of PCOS is based on correction of metabolic derangements, psychosocial problems, control of menstrual cycle and prevention of endometrial hyperplasia, assessment of ovulation/fertility and reduction of dermatological manifestations. Patient's desire for induction of ovulation and pregnancy plays a pivotal role in management of PCOS. This study emphasizes on potentially risk factors and impacts of PCOS on multiple systems along with various treatment modalities (pharmaceutical therapy, hormonal contraceptives and lifestyle modification) available to nullify them. Self-care and multidisciplinary approach to reduce the morbidity due to PCOS.

Priyanga Poomani graduated with her Medical degree from Karpagam Faculty of Medical Science & Research; Coimbatore affiliated with the Tamilnadu Dr. M.G.R Medical University.

She has also established herself as a voluntary participant in residential medical camps at transportation depots to assess the prevalence of Non-communicable Diseases among the officials. Having a profound interest in the discipline of Obstetrics & Gynecology, she has taken initiatives through frequent urban & rural visits to notify the women of reproductive age group about significant aspects of Quality Antenatal & Collaborative medical care that would subsequently result in positive pregnancy experience. Currently she is a Postgraduate aspirant under guidance of Delhi Academy of Medical Sciences.

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