

2<sup>nd</sup> World Congress on

# Polycystic Ovarian Syndrome

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## A fertility approach of first and second line treatments in PCOS

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Polycystic Ovarian Syndrome (PCOS) is one of the most common metabolic and reproductive disorders among women of reproductive age. According to National Institute of Health (NIH), the prevalence is around 4-10%. Nowadays, lifestyle changes such as exercise and calorie-restricted diet seems to be cost-effective. There is no discussion about effectiveness of clomiphene citrate (CC) as first line treatment of anovulatory infertility; however, we do not have a clear protocol of drugs when there is comorbidity (insulin resistance, high adrenal androgen, hyperprolactinemia). Therefore, a complete evaluation and individualized treatment is mandatory. Second line treatment includes ovulation induction with gonadotropins and laparoscopic ovarian drilling (LOD). Most studies granted same results in general terms with some concerns about multiple pregnancy and ovarian hyperstimulation syndrome (OHSS) on the gonadotropin arm and premature ovarian failure (POF) on LOD arm. Anyway, whether we consider a first or second line therapy, we cannot forget that the main problem in women of reproductive age is infertility therefore it is not just an individual problem but couple's problem. A fertility approach means making an evaluation and diagnosis of both partners because only then, we will know if the proposed algorithm remains in effect for a particular couple.

### Biography

Alejandro Aldape Arellano has completed his physician and gynecology studies in Monterrey, México. He has seven years of experience as Assisted Reproduction Specialist. He has performed in international centers such as: Vall d'Hebron University Hospital, Barcelona Marqués Institute. He has extensive experience in developing guidelines and protocols in order to optimize pharmaceutical and biological resources. He has implemented European guidelines of Assisted Reproduction in "La Paz" Medical Center in Malabo, Equatorial Guinea. He is currently the Director of Ovovic a startup that developed an application for monitoring Assisted Reproduction cycles. He is also member of Spanish Fertility Society since 2010.

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