



July 2023 | ISSN: 2376-127X
Journal Pregnancy and Child Health

7th World Congress on Polycystic Ovarian Syndrome & Infertility

July 06, 2023 | Webinar

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**7th World Congress on Polycystic
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**Keynote
Sessions**

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Pivotal role of tailored lifestyle modification in the management of pcos

Statement of the problem:- PCOS is a complex disorder with reproductive, and metabolic manifestations. Global incidence is 1 in every 5 women. The purpose of this study is to assess how the extra vigilant and sensitized approach including lifestyle modification and nonhormonal medical management produces comparable results to LOD and reverses the symptoms of PCOS.

Methodology:- We studied 274 patients in the 17- 45 year age group, between January 2017 to February 2023. The diagnosis was made on basis of the Rotterdam Criteria. Hormonal evaluation, HOMA-IR, and QUICKI were done. Each patient is given a questionnaire about her lifestyle including her sleep, wakeup time, diet, utensils, cooking oil, etc. A tailored lifestyle modifying three pillars of nutrition, exercise, and behavior was introduced to each patient. Nutraceuticals were introduced as insulin sensitizers, Myo and D-chiro inositol combination, antioxidants; zinc, chromium, selenium, and lactoferrin to 134 patients. 140 patients with severe hormone derangement were treated with the above treatment for 9-12 months plus OCPs for 3 months.

Results:- Among 134 patients, after 6-9 months of treatment 130 patients restore spontaneous cycles, able to conceive spontaneously, lose weight, decreased mood swings, and improved HOMA-IR and QUICKI. 68 infertile out of 140 severe PCOS patients were able to conceive in 2-3 cycles of ovulation induction, and 34 lost significant fat, 20 restored cycles. Only 3 patients who failed to respond to 9-12 months of the above treatment were offered LOD and were able to conceive, then. 19 patients were lost to follow-up.

Conclusion:- Vigorous, personalized lifestyle modification teaches every patient about pathogenesis and how can she correct the root cause so as to beat PCOS for a lifetime. Active participation of the patient in designing her diet, exercise, and positive mindset manual brings optimistic results and nonhormonal treatment motivates patients to be compliant with the treatment.

keywords- LOD-Laparoscopic Ovarian Drilling, HOMA-IR- Homeostatic Model Assessment Insulin Resistance Index; QUICKI-Quantitative Insulin sensitivity Check Index; OCP- Oral Contraceptive pills

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Received: March 24, 2023; **Accepted:** April 24, 2023; **Published:** August 28, 2023

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Shradha Goel

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clinic, jaipur, india*

Biography

Dr. Shradha Goel is the Director and founder of PCOSmetic Gyne Clinic, Jaipur, India which is a unique center of its type in the region. She has a passion to provide sophisticated and novel solutions for entire phenotypes of PCOS under one roof. She has done detailed research for years to study lifestyle modification in PCOS patients and came up with an integrated & scientific model to open new pathways for the best treatment. She follows a personalized approach where patients of PCOS are taught the pathogenesis of the disorder so as to learn how to increase insulin sensitivity. Combining cosmetology and functional gynecology for the treatment of cosmetic phenotypes of PCOS helped her patients to enhance their self-confidence. She believes in the multidisciplinary approach to treating PCOS. She has completed her medical school with MBBS and Master in Obstetrics and Gynecology from the esteemed Institute of Medical Sciences, Banaras Hindu University Varanasi.

Received: March 24, 2023; **Accepted:** April 24, 2023; **Published:** August 28, 2023



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**Scientific
Tracks**

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Controversies in the diagnosis and management of polycystic ovary syndrome in adolescents

ELENE ASANIDZE
University Geomedy, Georgia

Statement of the Problem: Currently, for the diagnosis of PCOS the criteria adopted by the Rotterdam Consensus in 2003 are also used in adolescents. However, these criteria do not take into account the peculiarities of adolescent physiology. There was recognition of the risk of over and incorrect diagnosis in adolescents if ultrasound criteria were included in this age group, which can also influence an adolescents' quality of life.

The purpose of this study was to elaborate the identification criteria for a 'risk group' for developing PCOS, and diagnostic criteria for PCOS in adolescents.

Methodology: the study involved 154 adolescents. Group I-adolescents with PCOS (n60), Group II-with an 'increased risk' of PCOS (n48), and Group III-control group (n46)- adolescents without personal and family history of PCOS. PCOS patients met all 3 diagnostic criteria of the Rotterdam consensus, Group II was accepted as 'menstrual irregularities and clinical and/or biochemical hyperandrogenism'

Results: In Group I and Group II AMH and SHBG did not differ significantly. In Group I and Group II, the average AMH level was significantly higher, while SHBG was significantly lower than in the controls. In Group I, index of insulin resistance and the number of antral follicles (AFC) were significantly higher than in the comparison groups

There was no significant difference in ovarian volume between comparison groups. In Group I and 'Group II had different types of menstrual which was significantly higher than in the controls.

Conclusion: A combination of AMH, SHBG, clinical and biochemical hyperandrogenism and menstrual irregularities may be considered as diagnostic markers of PCOS in adolescents and for the identification of a 'risk group' for developing PCOS. Ultrasound estimation of AFC are a more specific marker of ovarian morphology in adolescents with PCOS, rather than ovary volume

Recent Publications (of Asanidze Elene)

1. Rotterdam ESHRE/ASRM-sponsored PCOS consensus workshopgroup Revised 2003 consensus on diagnostic criteria and longterm health risks related to polycystic ovary syndrome (PCOS). Hum Reprod. 2004
2. Ramezani F, Amiri M. Polycystic ovary syndrome in adolescents: challenges in diagnosis and treatment. Int J Endocrinol Metab. 2019
3. Asanidze E, Kristesashvili J, Parunashvili N, Karelshvili N, Etsdashvili N. Challenges in diagnosis of polycystic ovary syndrome in adolescence. Gynecol Endocrinol. 2021

Biography

Being the obstetrician-gynecologist, children gynecologist of the Center for Gynecological Endocrinology at the University Geomedy, Georgia, interests of Prof. Elene Asanidze are mainly focusing the endocrine induced diseases that impair female reproduction, pediatric and adolescent gynecology, menopause. Among the interest there are hypothalamic amenorrhea, PCOS, ageing/menopausal transition and hormonal replacement therapy. Neuroendocrinology is a topic that is at the basis of all the above interests

Received: October 29, 2022; **Accepted:** November 15, 2022; **Published:** August 28, 2023

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Chief Complaints, Psychological Distress, and Coping Styles of Women Living with Polycystic Ovarian Syndrome

Michelle P. Macahilig
Laguna Philippines

Polycystic Ovarian Syndrome (PCOS) was considered to be one of the unrecognized and under-diagnosed multisymptom hormonal disorders among women and is found to be one of the major causes of female infertility in the Philippines. With this rationale, the study aimed to assess and gain a clearer understanding of the chief complaints, psychological distress, and coping skills of women living with PCOS. This study used a descriptive correlational method. Using this process, the study produced findings from 140 respondents that emphasized the relationship between chief complaints, psychological distress, and coping styles among PCOS women. The entire study gave significance to the following PCOS chief complaints namely infertility issues, menstrual irregularities, acne, weight gain, hair loss, and darkening of the skin. The study revealed that the majority of the respondents suffer from a moderate level of psychological distress with several elevated indicators of psychological burdens (e.g. feeling tired, feeling nervous, feeling depressed, etc) that might signify a potential risk for anxiety and depression. The use of healthy and unhealthy coping styles was also accentuated in this study, encompassing the use of coping styles as a basis to lessen the individual's distress at some point of their coping process, and using these coping techniques might lessen the effect of the chief symptoms while maintaining and strengthening the disorder, causing the individual to have an elevated level of psychological distress.

Conclusion:- PCOS women were found in this study to be suffering from moderate levels of psychological distress. Moreover, menstrual irregularity was found to be the top concern of most of the respondents in this study, making it a key feature of PCOS. Infertility issues and hair loss have no significant relationship to the level of psychological distress of patient respondents with PCOS, while there is a significant relationship between acne, menstrual irregularities, weight gain, and darkening of skin to the level of psychological distress among patient respondents with PCOS. There was no significant relationship between infertility issues, menstrual irregularities, weight gain, and darkening of skin to healthy coping style, while acne and hair loss are found to be significantly related to healthy coping style. Conversely, acne, menstrual irregularities, weight gain, hair loss, and darkening of skin have a significant relationship to unhealthy coping except for infertility. However, there was no evidence of relationship between the extent of chief complaints associated with PCOS and healthy the majority of the respondents. Unhealthy coping, on the other hand, was confirmed to have a significant relationship with chief complaints associated with PCOS.

Biography

Michelle P. Macahilig is a recipient of many awards and grants for valuable contributions and discoveries in major area of subject research like [Psychological Distress](#), and Coping Styles of Women Living with Polycystic Ovarian Syndrome. Michelle P. Macahilig is international experience includes various programs, contributions and

Received: February 23, 2023; **Accepted:** February 28, 2023; **Published:** August 28, 2023

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MulunehTufa
ADDIS ABABA, ETHIOPIA

Title: Practice of Breast Self-Examination and Associated Factors among Female Health Workers in Saint Paul's Hospital Millennium Medical College

Background: Breast cancer is the top cancer in women, and it is a global health problem. It may be a manageable disease, just in case of early diagnosis with sufficient treatment protocols like advanced surgical intervention, chemotherapy and radiation therapies. Breast self-examination is a screening technique that involves examining ones' breasts for lumps distortions or swelling.

Objectives: the aim of this study was to assess practice of breast self-examination and associated factors among female health workers in Saint Paul's Hospital Millennium Medical College, Addis Ababa, Ethiopia, 2022

Methods: Institution based cross sectional study design was carried out at St. Paul's Hospital Millennium Medical College. Stratified and systematic random sampling technique was conducted to get respondents that were considered in the study. The data for this study was collected by professional nurses using structured questionnaire. Once the data collected it was analyzed by SPSS version 20 software. Logistic regression analysis was utilized. Predictors with a p-value of < 0.05 were considered as statistically significant.

Results: Four hundred respondents participated in the study giving 100% of response rate. The median age of study participants was 28 years old, with an inter-quarter range of 6 years. About 63.75% of study participants had good knowledge about BSE, 46.25% of healthcare workers had a positive attitude towards BSE, and 76.25% of female healthcare workers had practiced BSE. Age in years; the age category of 25–29 years [AOR=0.10; 95%CI: 0.01, 0.88] and 35–39 years [AOR=0.09; 95%CI: 0.01, 0.92], monthly income: less than 5250 ETB [AOR=0.19; 95%CI: 0.035, 0.996], 5251–7800 [AOR=0.16; 95%CI: 0.032, 0.78], and 7801–10900 ETB [AOR=0.18; 95%CI: 0.04, 0.83] and knowledge towards BSE [AOR=2.08; 95%CI: 1.23, 3.53] were significantly associated with the practice of BSE.

Conclusion: The study showed that the practice of breast self-examination was 76.25%. Age in years, monthly income, and knowledge of participants towards BSE have statistically significant association with breast self-examination practice. The Medical School opened in 2007, the new Millennium era of the Ethiopian calendar, which is 7 years behind the Gregorian calendar. It is intended to alleviate the severe shortage of medical doctors in the country. In line with various encouraging efforts performed by the Ethiopian Federal Ministry of Health in this regard, it is clear that the newly opened school, with a practical modular and integrated curriculum, [clarification needed] will be providing much-needed medical professionals to the people of Ethiopia.

Biography

Muluneh Tufa works at Women's Health Related Issues Associated Factors among [Female Health Workers](#) in Saint Paul's Hospital Millennium Medical College, Addis Ababa, Ethiopia

Received: April 04, 2023; **Accepted:** April 08, 2023; **Published:** August 28, 2023

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Cosmetology and PCOS

Statement of the problem:- PCOS is an endocrinological disorder with metabolic, cutaneous, and reproductive manifestations. The incidence of the global epidemic has raised to 1 in every 5 women. Insulin resistance and hyperandrogenemia are contributing to cosmetic issues and lower the health quality of life (HQOL). The purpose of this study is to assess the body shaming features of PCOS and impact of targeted modalities.

Methodology:- We studied 274 patients in the 17-45 year age group, between January 2017 to February 2023 and the management includes lifestyle modification with insulin sensitizers and targeted cosmetic modality for PCOS phenotypes. 115 patients presented with hirsutism and mild to severe hirsutism was treated with a diode laser. Acanthosis nigricans was observed in 110 patients with pigmentation on the nape of neck, underarms, vulva, and labia which were treated with chemical peeling, PRP facial, and CO2 laser. 79 patients with acne scars on basis of depth were treated with CO2 laser, derma roller, and nano-fat grafting. 44 patients with alopecia were treated with platelet-rich fibrin therapy. Stubborn fat was removed by liposuction in 25 patients including 5 breast reductions in heavy breasts. Vaginal rejuvenation for vaginal laxity was done in 34 patients. 1 patient with severe hyperandrogenism presented with clitoromegaly for which clitoroplasty was done. 5 patients presented with labial enlargement for which we performed labiaplasty.

Results:- Targeted cosmetic invasive and noninvasive therapy provided relief to 99% of patients in terms of HQOL and decreased psychological morbidity. 6-8 sittings of noninvasive therapy diode, CO2 laser, chemical peeling, and PRP provided 95-98% relief. Cosmetic invasive surgery relieved them of the mental agony of body shaming.

Conclusion:- The amalgamation of cosmetology for full body enhancement in PCOS elevates their self-confidence. Multidisciplinary techniques when added to conventional treatment bring fast results and motivate patients to be compliant with the treatment.

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Received: March 24, 2023; **Accepted:** April 24, 2023; **Published:** August 28, 2023

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Shradha Goel

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JAIPUR, INDIA

Biography

Dr. Shradha Goel is the Director and founder of PCOSmetic Gyne Clinic, Jaipur, India which is a unique center of its type in the region. She has a passion to provide sophisticated and novel solutions for entire phenotypes of PCOS under one roof. She has done detailed research for years to study lifestyle modification in PCOS patients and came up with an integrated & scientific model to open new pathways for the best treatment. She follows a personalized approach where patients of PCOS are taught the pathogenesis of the disorder so as to learn how to increase insulin sensitivity. Combining cosmetology and functional gynecology for the treatment of cosmetic phenotypes of PCOS helped her patients to enhance their self-confidence. She believes in the multidisciplinary approach to treating PCOS. She has completed her medical school with MBBS and Master in Obstetrics and Gynecology from the esteemed Institute of Medical Sciences, Banaras Hindu University Varanasi.

Received: March 24, 2023; **Accepted:** April 24, 2023; **Published:** August 28, 2023



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