

7th World Congress on Polycystic Ovarian Syndrome & Infertility

July 06, 2023 | Webinar

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, wake up 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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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.

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