

3rd Indo-Global Summit & Expo on **Healthcare**

October 05-07, 2015 New Delhi, India

Can lifestyle modifications make a difference in women with polycystic ovary syndrome?

Saloni Bansal

B.P.S. Government Medical College for Women, India

Polycystic Ovary Syndrome (PCOS) affects 4-8% of reproductive-aged women and is associated with reproductive, metabolic and psychological dysfunction. About 50% of such women are obese or obesity worsens the presentation of PCOS presumably being a cause of insulin resistance, a central feature of PCOS. Weight management (weight loss, maintenance or prevention of excess weight gain) is proposed as an initial treatment strategy, best achieved through lifestyle changes incorporating diet, exercise and behavioral interventions. It has been realized that weight control improves many aspects of PCOS: Cycles become more regular, androgen levels are reduced, lipid and glucose metabolism improves and spontaneous pregnancy may follow. Weight loss of as little as 5-7% can reduce the free testosterone levels and can restore the ovulation and fertility in almost 75% of such women. Recommended lifestyle modifications are at least 150 minutes of moderate activity per week or exercising at least three times per week for twenty minutes; avoidance of sugar and white refined carbohydrates; cut out caffeine; minimize alcohol; stop smoking as it depletes many micronutrients; avoid excessive saturated fat intake; avoid trans and hydrogenated fats altogether; plenty of essential fatty acids; ensure to drink enough water and also avoid stress as this imbalances blood sugar levels.

Biography

Saloni Bansal is one of the youngest, dynamic, enthusiastic and devoted Assistant Professor of the Department of Obstetrics and Gynaecology in the only second women medical college of India. She has been studious and meritorious all through her career having received scholarship for sporty activities and appreciation awards for academic achievements during secondary education. She has graduated from a reputed institute of the area with accolades in the form of glittering gold and silver medals and is one of the few postgraduates from the premier Institute of India: All India Institute of Medical Sciences, New Delhi. She has presented papers at various national level conferences. She is also one of the co-authors and an editorial member of an international journal as well as a Reviewer.

dr.rmahendru@gmail.com

Notes: