

2<sup>nd</sup> Annual Congress and Medicare Expo on

# Primary Care & General Pediatrics

September 19-20, 2016 Phoenix, USA

## The honest hairy truth about PCOS: What your teenage patient wants to know but is afraid to ask?

**Asma Javed**

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The overall purpose of the proposed activity would be to discuss evidence based guidelines for the diagnosis and management of PCOS in light of the most common complaints adolescents with PCOS present with. Current controversies in management of young females with PCOS will be highlighted using a case based discussion format. At the end of the session, participants will be expected to: Understand the concept of morphing PCOS phenotype across stages of life and the role of prenatal (fetal) programming to early childhood obesity and premature puberty in the development of PCOS; work through a number of cases highlighting common complaints the adolescent with PCOS presents with such as hirsutism and acanthosis nigricans and provide best practice advice including new treatment modalities available to address hirsutism and acanthosis nigricans and; discover current controversies in PCOS evaluation such as 'mass screening' for complications such as glucose intolerance and 'pan androgen testing'.

### Biography

Asma Javed, MD has completed her Medical School degree in Pakistan at Aga Khan University. She then completed Residency in Pediatrics at Mayo Clinic, Rochester MN followed by Pediatric Endocrinology Fellowship training at Mayo Clinic, Rochester MN. She is currently on staff at Mayo Clinic and speaks frequently at regional and national meetings on topics related to Women's Health.

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