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Serum leptin level in obese women with polycystic ovary syndrome and its relation to insulin resistance

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Obesity is the major risk factor for several chronic diseases as well as reproductive and infertility problems. In Saudi Arabia the obesity ranged from 14% in children less than 6 years to about 83% in adults. The present study aimed to compare serum leptin levels in obese women with polycystic ovary syndrome and normal women and to evaluate the inter relationship between leptin concentration, sex hormones and insulin resistance. The study included 56 subjects who divided into two main groups; 40 women with polycystic ovary syndrome who were admitted to the Obstetrics and Gynecology Department of King Abd El-Aziz Hospital in Taif and other 16 apparently healthy, obese females as a control group. Both groups were exposed to detailed history and different laboratory investigations such as testosterone, progesterone, prolactin, gonadotropins and insulin resistance levels. The results revealed a positive correlation between leptin and body mass index ($p=0.049$), serum leptin levels in patients with polycystic ovary syndrome were significantly higher than in those of the control group ($p=0.005$) independently of body mass index. Also, there was a significant difference between insulin resistant and non-insulin resistant in obese patient with polycystic ovary syndrome ($p=0.044$). So, it can be concluded that body mass index and insulin resistance are main factors affecting serum leptin levels in polycystic ovary syndrome patients. The study recommended the need for further studies in larger subjects and in different areas in the kingdom of Saudi Arabia with emphasis on the importance of early detection and education for patients with polycystic ovary syndrome.

Biography

Nisreen Aref has completed her M.B.B.S from Dammam university She had Arab Board & Jordanian Board for OB.GYN Specialization in 1996 & 1998 respectively. She had subspecialty training certificate in assisted reproductive technology from King Faisal Specialist Hospital & Research Center/Jeddah. She got European Universities Diploma in Gynecological Operative Surgery from France on 2006. She is having Post Graduate Diploma in TQM in health care as well as Diploma in Hospital & Healthcare Management from American university in Cairo in 2011 & 2013 respectively. Currently she is the Chief of Obstetrics & Gynecology Department in Faculty of Medicine of Taif University / Saudi Arabia

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