

Polycystic Ovary Syndrome

Ana Raquel Marques*

UCSP São Mamede Infesta, Matosinhos, Portugal

Editorial

Polycystic ovary syndrome (PCOS) is one of the most common ovaries but no signs of androgen excess. It is unclear whether endocrine disorders in women, affecting 5% to 10% of reproductive aged women. It is estimated that the healthcare-related economic sequelae as 'classic' PCOS characterized by androgen excess and burden of PCOS surpasses \$US4 billion per year in the US. Women with PCOS experience a range of symptoms and signs of phenotypes included under the diagnosis of PCOS will diminish such as menstrual cycle disturbances, clinical or biochemical signs of androgen excess, and obesity. Early diagnosis and management defect in PCOS can help decrease the risk of associated reproductive, metabolic, and cardiovascular abnormalities. Recognition of the common dermatologic manifestations of PCOS (hirsutism, acne vulgaris, and androgenetic alopecia) may be essential to accurate diagnosis of the syndrome.

PCOS is heterogeneous in its manifestations and far reaching in its health implications. No single diagnostic criterion or blood test is sufficient for clinical diagnosis. Peripheral insulin resistance, as seen in PCOS, has been implicated as the root cause for the diseases of syndrome X (hypertension, type 2 diabetes, dyslipidemia, coronary artery disease, obesity, abnormal glucose tolerance). With an international consensus recently established for this diagnosis, hopefully we will gain a greater understanding of how to manage this multifaceted and complex syndrome.

The PCOS treatment must be individualized and the choice of a drug in each case should be based on the age of the patient, severity of symptoms, priorities of therapy and comorbidities. In the light of the recent studies not only traditional drugs (oral contraceptives, clomiphene and antiandrogens) but also newer treatment options (dietary treatment, metformin, thiazolidinediones and probably also other insulin-sensitizing drugs) are effective, and in some groups of patients the latter ones seem to be even the drugs of choice [1-15].

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*Corresponding author: Ana Raquel Marques, Family Doctor, UCSP S o Mamede Infesta, Matosinhos, Portugal, Tel: 51229051400; E-mail: dr.ana.marques@gmail.com

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