

Conference Abstract

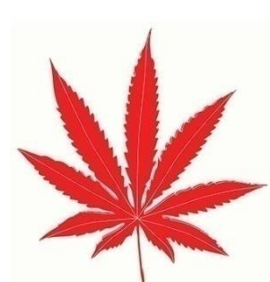
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Conference Abstract

DIETARY MANAGEMENT OF POLYCYSTIC OVARY SYNDROME (PCOS)

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ABSTRACT

Polycystic ovary syndrome (PCOS) is an endocrine - metabolic dysfunction in women of reproductive age (12Y- 45Y) consisting of multiple signs and symptoms co-existing. Prevalence of PCOS among women is between 5-10%. It is a hereditary condition that runs in family. Diagnostic criteria for PCOS is the presence of at least two out of three among which is; excessive androgen level in blood, irregular menstrual cycle and presence of multiple fluid filled vesicles/ cysts in ovaries. Associated risk among patients with PCOS includes type 2 diabetes, cardiovascular disease, obesity and endometrial cancer. Insulin resistance is the most common infestation of PCOS patients which contributes to compensatory hyperinsulinemia that is further linked with hyperandrogenism. Treatment of PCOS involves a hormonal therapy to take control over ovulation process. But apart from medical treatment, major role for the management of PCOS is played by dietary modification and physical activity. It is suggested that a diet low in fats (i.e. 30%), moderate in proteins (i.e. 15%) and high in carbohydrate (i.e. 55%) with increased consumption of fibers, cereal,

fruits and vegetables can help increase insulin sensitivity and aid in weight loss. Increasing protein intake and keeping carbohydrate to a moderate level can help maintain a favorable weight. Diet comprising of low glycemic index carbohydrate sources have proven to be more effective in PCOS women facing insulin insensitivity compared with the conventional healthy diet. An exercise plan also has a greater impact on reducing the waist circumference, visceral adiposity and thus improving insulin sensitivity. Synergistic effect of diet and exercise training program results in decreased body fat-mass, reduced blood pressure and improved insulin sensitivity.



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