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Clinical and biochemical profile of polycystic ovarian syndrome in Oman: A case-control study

Y Al Farsi, M Sulaiman, M Waly, J Saleh and **M Al-Khaduri**
Sultan Qaboos University, Oman

Statement of the Problem: Data about polycystic ovarian syndrome (PCOS) in developing countries is scarce despite increasing rates of obesity, diabetes, and infertility among women population. The aim of this study is to assess the PCOS clinical and biochemical characteristics in Oman to create a screening profile for early detection and primary prevention.

Methodology & Theoretical Orientation: A hospital-based case control study has been conducted among women aged 16-49 years. The study included 102 women diagnosed with PCOS (as per Rotterdam 2003 criteria) and 110 control women who were unknown to have PCOS. This study excluded women who were pregnant, postmenopausal or with specific neoplasms or underlying disease of the pituitary or adrenal glands. Socio-demographic data, anthropometric, clinical and biochemical profile were collected at baseline levels.

Findings: Irregular menses, hirsutism, acne, abdominal obesity, infertility rates were significantly higher in PCOS women (P=0.001). Family history of PCOS was significantly elevated among PCOS women (P=0.001) compared to control group. The mean of serum Testosterone (P=0.03) and DHES (P=0.02) and estrogen levels (P=0.01) levels were significantly higher in PCOS women. Progesterone and FSH levels (P=0.001) were significantly lower in PCOS women compared to the control group.

Conclusion & Significance: The study provides clinical and biochemical profile of PCOS which might help in establishing early screening and early detection program of PCOS in Oman.

ymfasri@gmail.com

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