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Low glycaemic index or low-calorie diets for women with PCOS: A randomized controlled feasibility study

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Objective: To assess the feasibility of a dietary intervention among women with polycystic ovary syndrome (PCOS) with an iso-caloric low glycaemic index diet.

Study Design:

- Participants- overweight women with PCOS
- BMI (Body Mass Index): >30
- Age: 18-40 years

Time intervention: 6-month randomized weight loss study.

Method: A randomized 12-week low-GI dietary intervention, preceded by a 12-week habitual diet control phase & preceded by a 12-week follow-up phase was conducted. Dietary intake, body composition, and metabolic risk markers were determined at baseline, after completion of the habitual diet control phase, and after the low-GI dietary intervention.

Primary outcome: Change in insulin sensitivity.

Secondary outcomes: Assessment of changes to lipids, body composition, & estimated macronutrient intake.

Biography

Passionate Nutrition and Dietetics professional with 7+ years of experience, dedicated to improve dietary habits and long term health of people of all ages. She has a Post Graduate Diploma in Hospital administration & Health Care Management. She is a dynamic speaker & educator with a passion for teaching healthy nutritional habits. Competent Communicator with ability to lead large group sessions, while still giving individualized attention. Passionate medical blog writer and keen research oriented professional with data analytics and content writing skills.

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