

Polycystic Ovary Syndrome - Clinical Profile of Women Attending NPFDB Subfertility Clinic

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Abstract : Polycystic Ovary Syndrome (PCOS) presents with a plethora of clinical features owing to the multifaceted underlying pathophysiology. This study was conducted to determine the clinical features unique to the sub fertile women attending the Sub fertility Clinic of the National Population and Family Development Board (NPFDB) so that a more holistic approach can be adopted to further enhance the pregnancy outcome in those women. This was a case-control study conducted over a span of three years (from January 2014 until December 2016), whereby women who fulfilled the Rotterdam Criteria 2004 were classified as PCOS (n=79) and women who did not fulfill the Rotterdam Criteria were classified as controls (n=88). The mean age of the women was 30.1 years and the mean duration of marriage was 3.93 years. The majority of women suffered from primary sub fertility (82.6%). The median age was lower among PCOS women (29.0 years) compared to the controls (30.0 years), $p<0.05$. The majority of PCOS women (43.0%) were obese (BMI > 30 kg/m²) compared to only 19.3% who were obese in the control group, $p<0.05$. Hypertension was present in 59.5% of PCOS women and only in 36.4% of the control group, $p<0.05$. There were significantly more women who presented with hirsutism in PCOS group (27.8%) as compared to the control group (5.7%), $p<0.05$. The findings of this study elucidate that the clinical features of significance among sub fertile women suffering from PCOS, if detected early, are amenable to lifestyle modifications and timely interventions can potentially improve the fertility outcomes in this group of women.

Keywords : clinical features, fertility, lifestyle modification, PCOS

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