



# ABS031

## LONG TERM HEALTH CONSEQUENCES OF POLYCYSTIC OVARIAN SYNDROME

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Polycystic Ovary Syndrome (PCOS) is one of the most common endocrine disorders among women of reproductive age. It affects multiple systems, and requires a comprehensive perspective on health care for effective treatment.

Its metabolic derangements and associated complications include insulin resistance, diabetes, hyperlipidemia, hypertension, fatty liver, metabolic syndrome and sleep apnea.

Reproductive complications are oligomenorrhea or amenorrhea, sub-fertility, endometrial hyperplasia and cancer. Cosmetic complications include acne & facial hair growth. Associated psychosocial concerns are depression and disordered eating.

Anxiety, depression and reduced quality of life are also common in this condition. Diagnosis is clinical and is supported by lab findings. Regular exercise, healthy foods, and weight control are the key treatments for PCOS.

Pharmacological treatments can reduce unpleasant symptoms and helps to prevent long-term health problems. Guidelines are needed to aid early diagnosis, appropriate investigation, regular screening and treatment of this common condition.

The aim of this review is to provide clear and up to date information about the consequences of the syndrome.

**Keywords:** *Polycystic Ovarian Syndrome (PCOS), Insulin resistance, Endometrial hyperplasia and cancer*