

## Social, Biological And Demographic Attributes Of Females Suffering From Polycystic Ovarian Syndrome.

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### INTRODUCTION

Polycystic ovary syndrome is the name given to a condition in which women with polycystic ovaries also have one or more additional symptoms. It was first 'discovered' in 1935 by Doctors Stein and Leventhal, so for many years it was known as the Stein-Leventhal syndrome.

Polycystic ovary syndrome (PCOS) is recognized as one of the most common endocrine/metabolic disorders in women. Its prevalence depends in part upon the diagnostic criteria used to define the disorder. As an example, in a report of 827 women with World Health Organization (WHO) class II oligoovulation (euestrogenic normogonadotropic ovulatory dysfunction), 456 (55 percent) were classified as having PCOS by the National Institutes of Health (NIH) 1990 criteria (irregular menses, biochemical and/or clinical hyperandrogenism, and other causes of hyperandrogenism excluded). In contrast, 754 (91 percent) women were considered to have PCOS using the broader Rotterdam 2003 criteria (which requires two out of three of the following: o- and/or anovulation, clinical and/or biochemical signs of hyperandrogenism, and polycystic ovaries [by ultrasound]). Other causes of hyperandrogenism must also be excluded.

### How common is it?

PCOS affects millions of women in the UK. About one in five women in the UK have polycystic ovaries, and approximately one in 10 have PCOS to some degree.

### Who is affected?

Many women with PCOS are overweight or obese and have an acquired form of PCOS. They may have excessive body hair and hair loss from the head. PCOS also tends to run in families. If you have PCOS but are not overweight, you probably have a history of PCOS in your family.

Women with PCOS may also have a family history of diabetes and high cholesterol.

### Outlook

PCOS cannot be cured, but the symptoms can be treated. Treatment options include lifestyle advice (losing weight) and the combined contraceptive pill.

If PCOS is not properly managed, it can lead to problems in later life, such as type 2 diabetes and high cholesterol level.

### OBJECTIVES

- To determine socio-demographic and

other characteristics of the patients of PCOD attending Allama Iqbal Memorial Teaching Hospital, Sialkot.

- To identify common characters of patients of PCOD attending Allama Iqbal Memorial Teaching Hospital, Sialkot.
- To determine frequency of other co-morbidities present in patients of PCOD attending Allama Iqbal Memorial Teaching Hospital, Sialkot..
- To identify predictors of PCOD on the basis of information collected by the study subjects.
- To evaluate the effect of PCOD on routine and social life of study subjects.

## SUBJECT AND METHOD

### **Study Design:**

Cross sectional study in which questionnaire based survey is conducted.

### **Study Site:**

Medical and gynecological OPDs of Allama Iqbal Memorial Teaching Hospital and some private hospitals of Sialkot, Pakistan.

### **Sample Size:**

40 females

### **Study Population:**

Females suffering from PCOD attending some health care facility of Sialkot

### **Sampling Technique:**

NON-probability purposive sampling

### **Inclusion Criteria:**

All women of reproductive age group who have been diagnosed by a competent doctor as a case of PCOD.

### **Exclusion Criteria:**

- Females with suspected PCOD
- Females with malignancies with PCOD

### **Data Collection Tools:**

A structured performa was used per data collection.

- **ETHICAL CONSIDERATION**

Verbal consent taken from respondents and confidentiality of the subjects is assured.

### **Data Analysis:**

- **STUDY VARIABLES:**

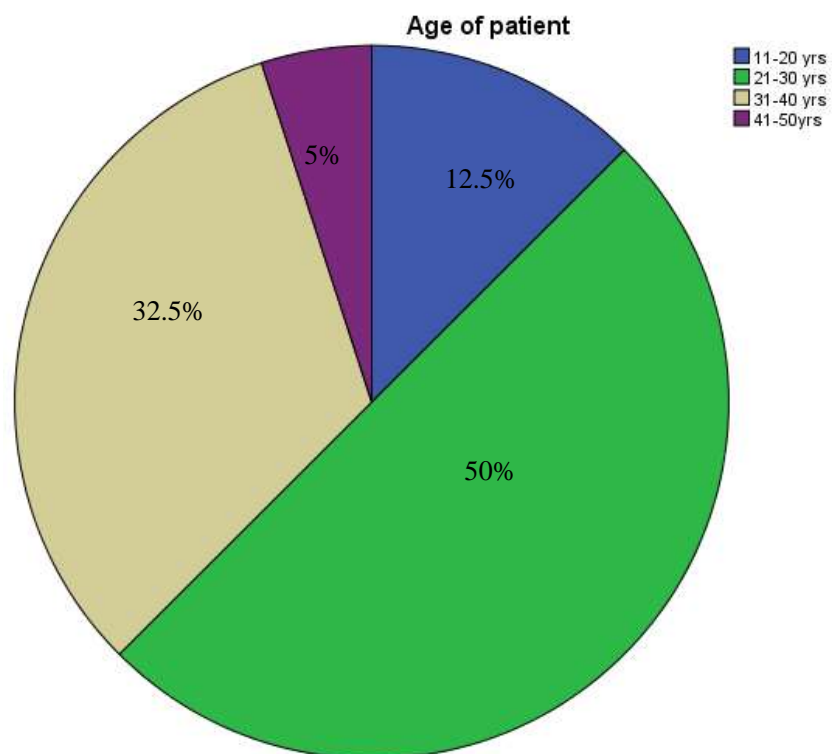
- Age group
- Marital status
- Residence
- Socioeconomic status
- Educational status
- Diet including intake of fast food, vegetables or meat and carbohydrates.
- Obesity
- Menstrual irregularities
- Skin problems like acne and excessive facial hair growth
- Stress and other psychological conditions
- Smoking
- Co-morbidities
- Family history
- Social problems faced by the subjects

Statistical analysis was done using **SPSS**

## **RESULTS**

**Table 1 : Age of patient**

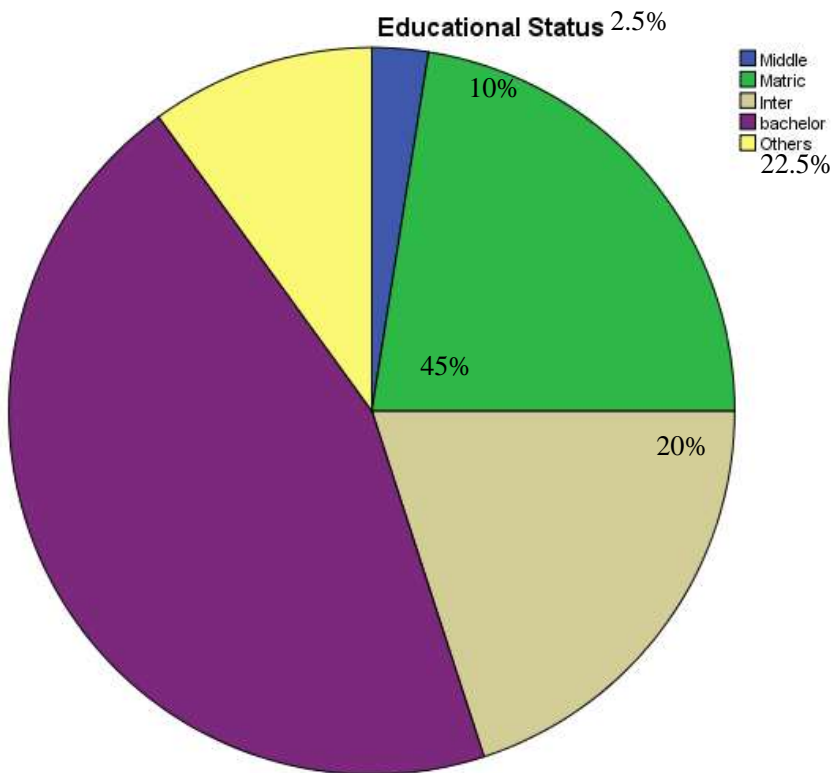
|                 | Frequency | Percent | Valid Percent | Cumulative Percent |
|-----------------|-----------|---------|---------------|--------------------|
| Valid 11-20 yrs | 5         | 12.5    | 12.5          | 12.5               |
| 21-30 yrs       | 20        | 50.0    | 50.0          | 62.5               |
| 31-40 yrs       | 13        | 32.5    | 32.5          | 95.0               |
| 41-50yrs        | 2         | 5.0     | 5.0           | 100.0              |
| Total           | 40        | 100.0   | 100.0         |                    |



**Table 2 Educational Status**

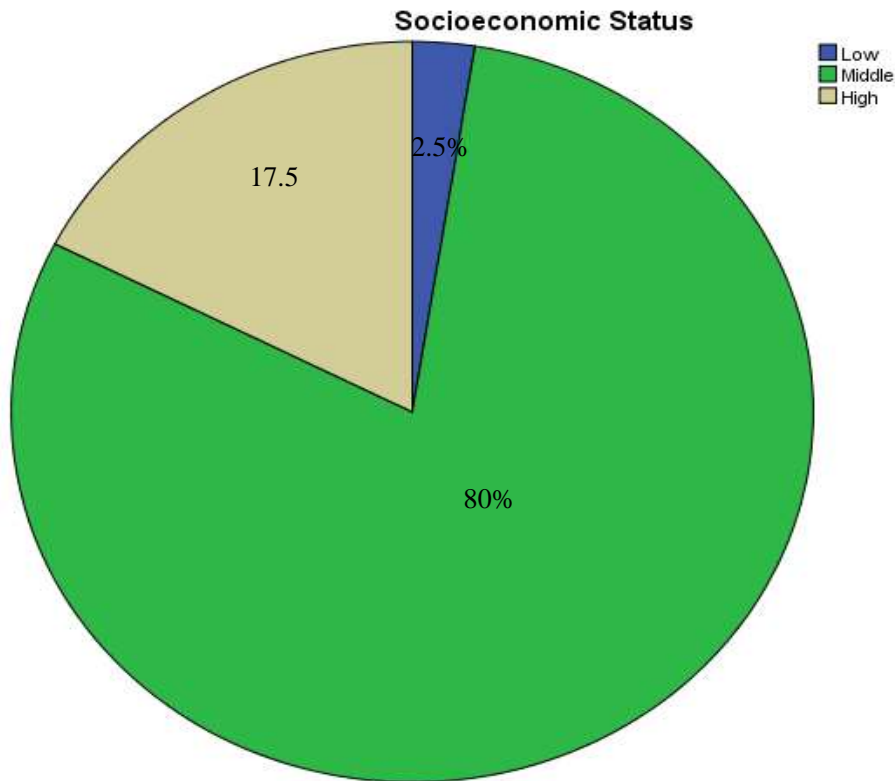
|              | Frequency | Percent | Valid Percent | Cumulative Percent |
|--------------|-----------|---------|---------------|--------------------|
| Valid Middle | 1         | 2.5     | 2.5           | 2.5                |
| Matric       | 9         | 22.5    | 22.5          | 25.0               |

|          |    |       |       |       |
|----------|----|-------|-------|-------|
| Inter    | 8  | 20.0  | 20.0  | 45.0  |
| bachelor | 18 | 45.0  | 45.0  | 90.0  |
| Others   | 4  | 10.0  | 10.0  | 100.0 |
| Total    | 40 | 100.0 | 100.0 |       |



**Table 3 : Socioeconomic Status**

|       |        | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------|-----------|---------|---------------|--------------------|
| Valid | Low    | 1         | 2.5     | 2.5           | 2.5                |
|       | Middle | 32        | 80.0    | 80.0          | 82.5               |
|       | High   | 7         | 17.5    | 17.5          | 100.0              |
|       | Total  | 40        | 100.0   | 100.0         |                    |



**Table 4 : Apparent Height**

|       |        | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------|-----------|---------|---------------|--------------------|
| Valid | Short  | 5         | 12.5    | 12.5          | 12.5               |
|       | Medium | 24        | 60.0    | 60.0          | 72.5               |
|       | Tall   | 11        | 27.5    | 27.5          | 100.0              |
| Total |        | 40        | 100.0   | 100.0         |                    |

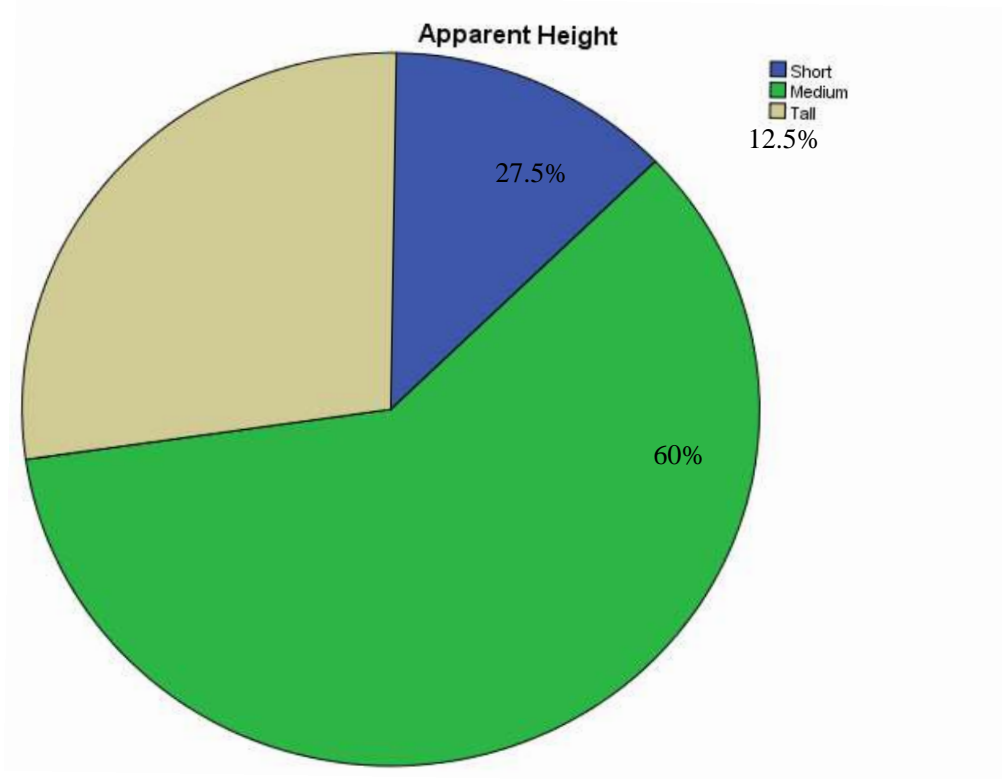
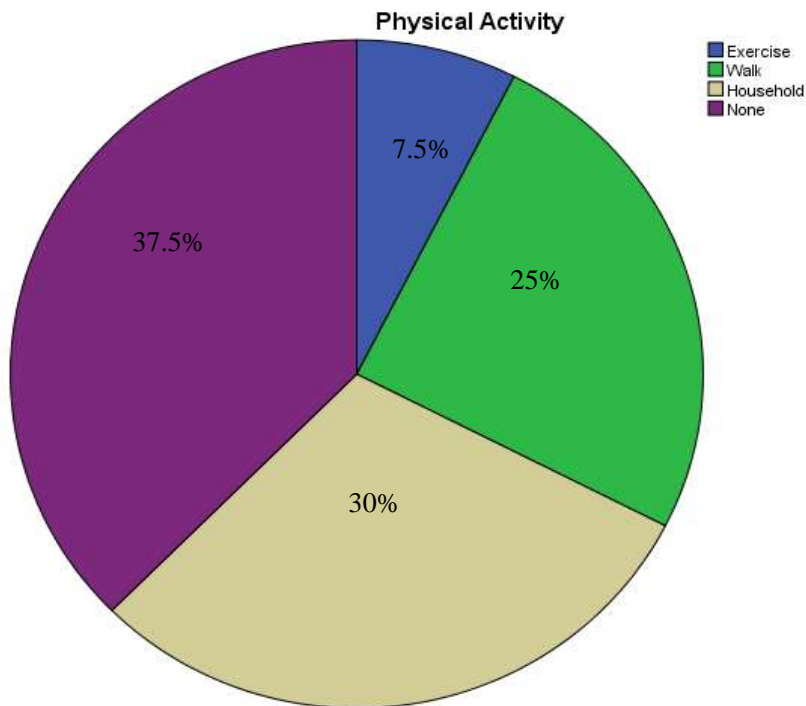


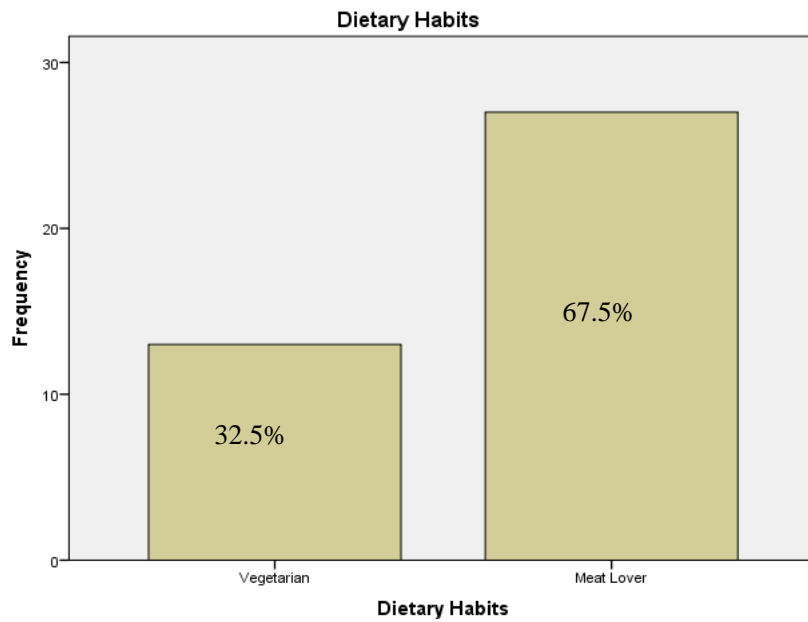
Table 5 Physical activity

|                | Frequency | Percent | Valid Percent | Cumulative Percent |
|----------------|-----------|---------|---------------|--------------------|
| Valid Exercise | 3         | 7.5     | 7.5           | 7.5                |
| Walk           | 10        | 25.0    | 25.0          | 32.5               |
| Household      | 12        | 30.0    | 30.0          | 62.5               |
| None           | 15        | 37.5    | 37.5          | 100.0              |
| Total          | 40        | 100.0   | 100.0         |                    |



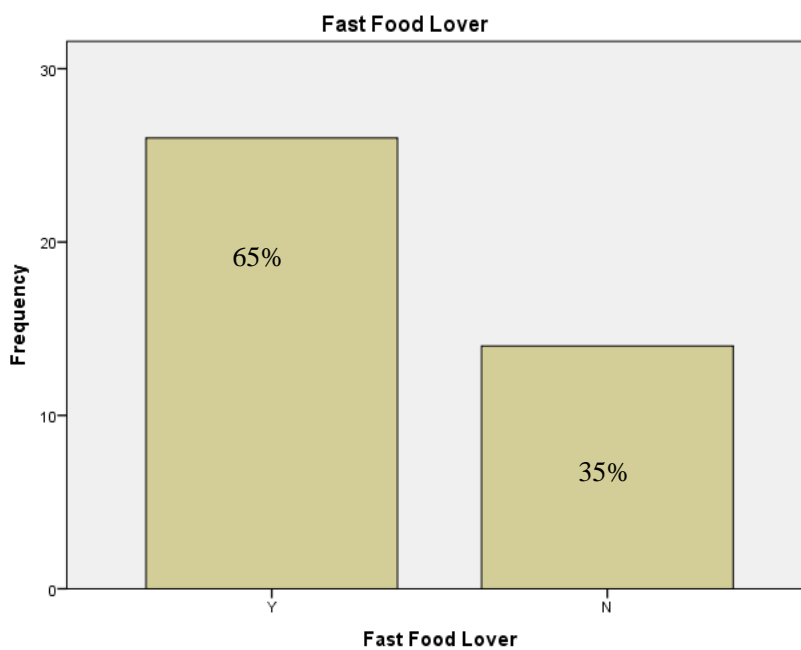
**Table 6 Dietary Habits**

|       |            | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|------------|-----------|---------|---------------|--------------------|
| Valid | Vegetarian | 13        | 32.5    | 32.5          | 32.5               |
|       | Meat Lover | 27        | 67.5    | 67.5          | 100.0              |
|       | Total      | 40        | 100.0   | 100.0         |                    |



**Table 7: Fast Food Lover**

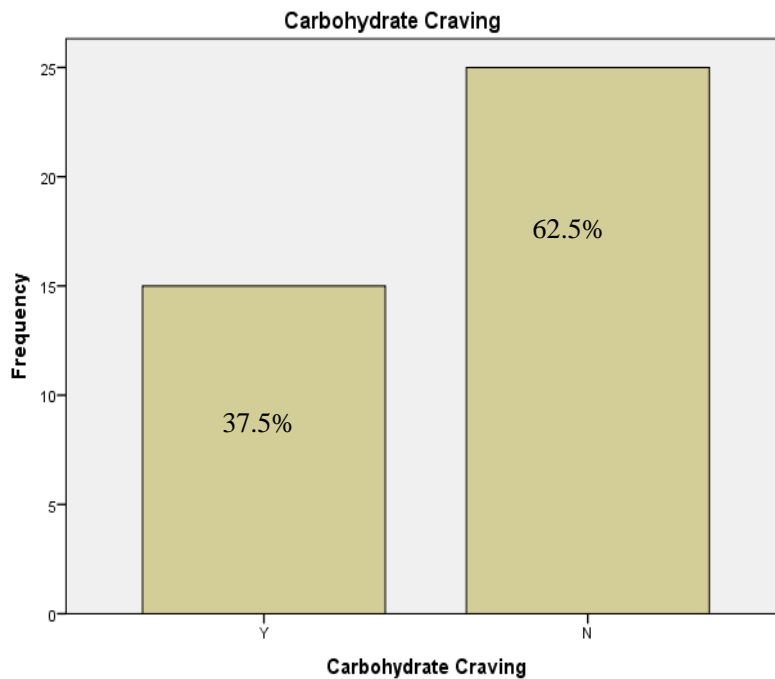
|         | Frequency | Percent | Valid Percent | Cumulative Percent |
|---------|-----------|---------|---------------|--------------------|
| Valid Y | 26        | 65.0    | 65.0          | 65.0               |
| N       | 14        | 35.0    | 35.0          | 100.0              |
| Total   | 40        | 100.0   | 100.0         |                    |





**Table 8: Carbohydrate Craving**

|       |       | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | Y     | 15        | 37.5    | 37.5          | 37.5               |
|       | N     | 25        | 62.5    | 62.5          | 100.0              |
|       | Total | 40        | 100.0   | 100.0         |                    |



**Table 9: Smoking**

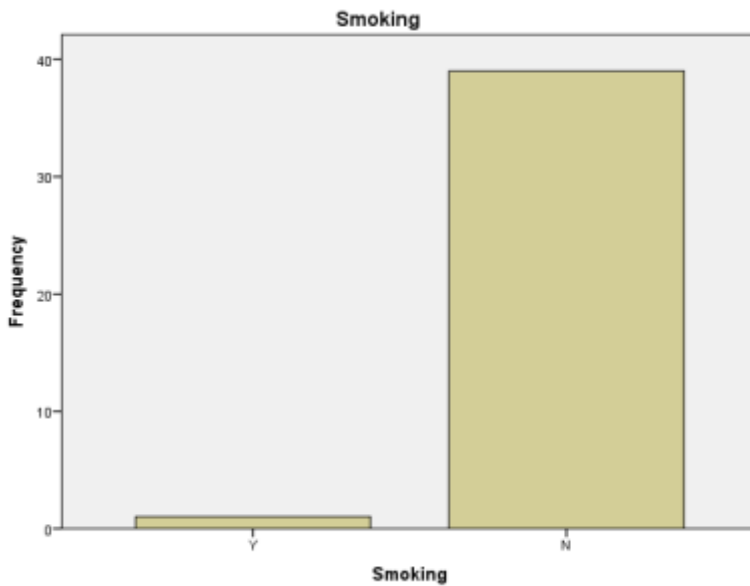
|       |       | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | Y     | 1         | 2.5     | 2.5           | 2.5                |
|       | N     | 39        | 97.5    | 97.5          | 100.0              |
|       | Total | 40        | 100.0   | 100.0         |                    |

97.5%

2.5%

Table 10 Stress

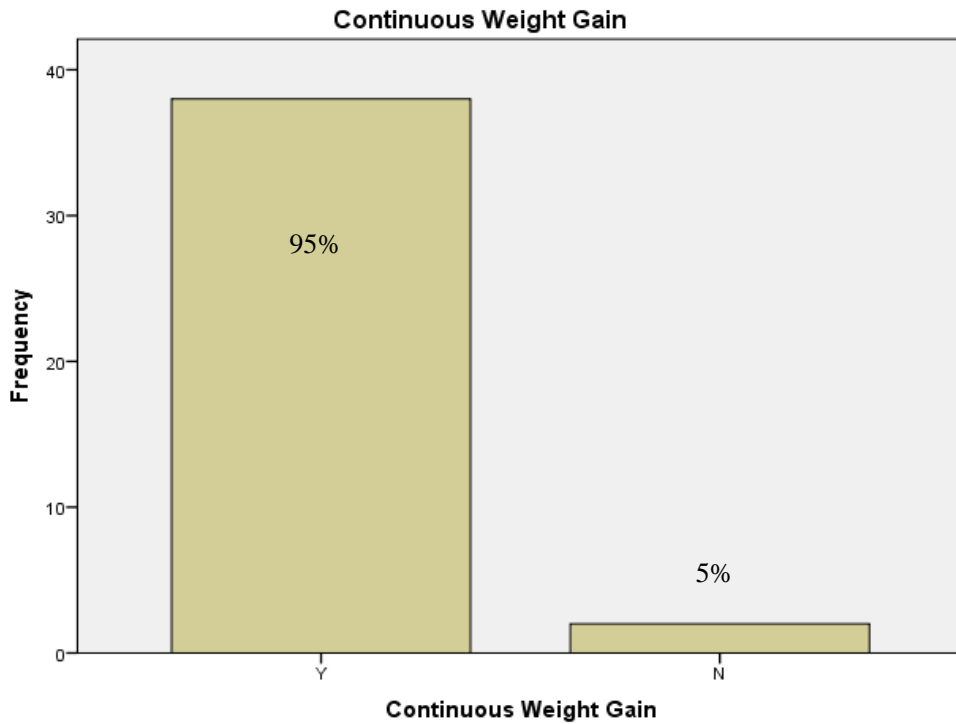
|         | Frequency | Percent | Valid Percent | Cumulative Percent |
|---------|-----------|---------|---------------|--------------------|
| Valid Y | 28        | 70.0    | 70.0          | 70.0               |
| N       | 12        | 30.0    | 30.0          | 100.0              |
| Total   | 40        | 100.0   | 100.0         |                    |





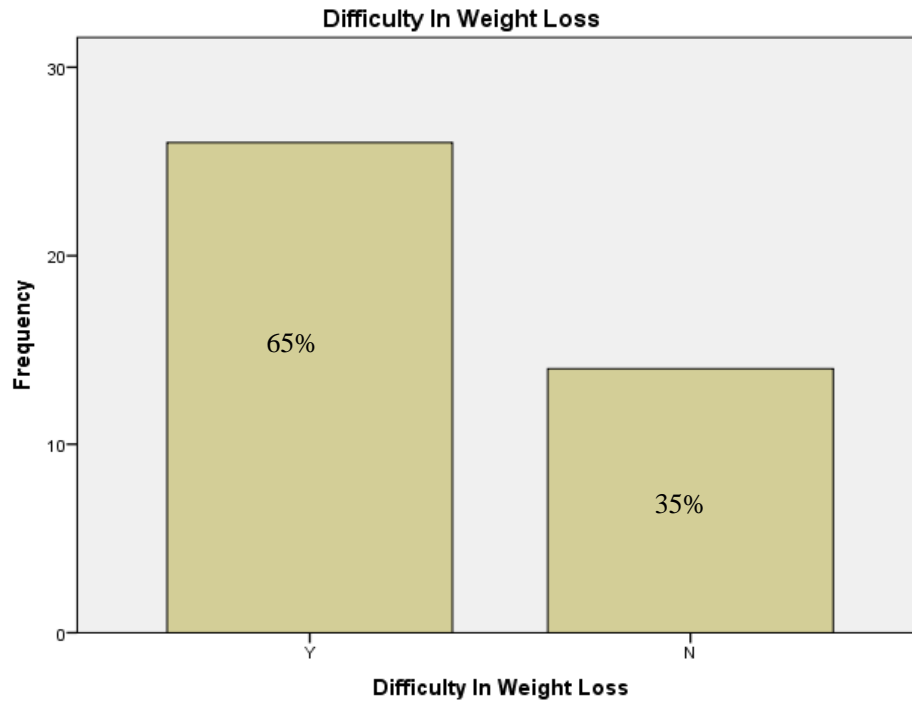
**Table 11: Continuous Weight Gain**

|       |   | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---|-----------|---------|---------------|--------------------|
| Valid | Y | 38        | 95.0    | 95.0          | 95.0               |
|       | N | 2         | 5.0     | 5.0           | 100.0              |
| Total |   | 40        | 100.0   | 100.0         |                    |



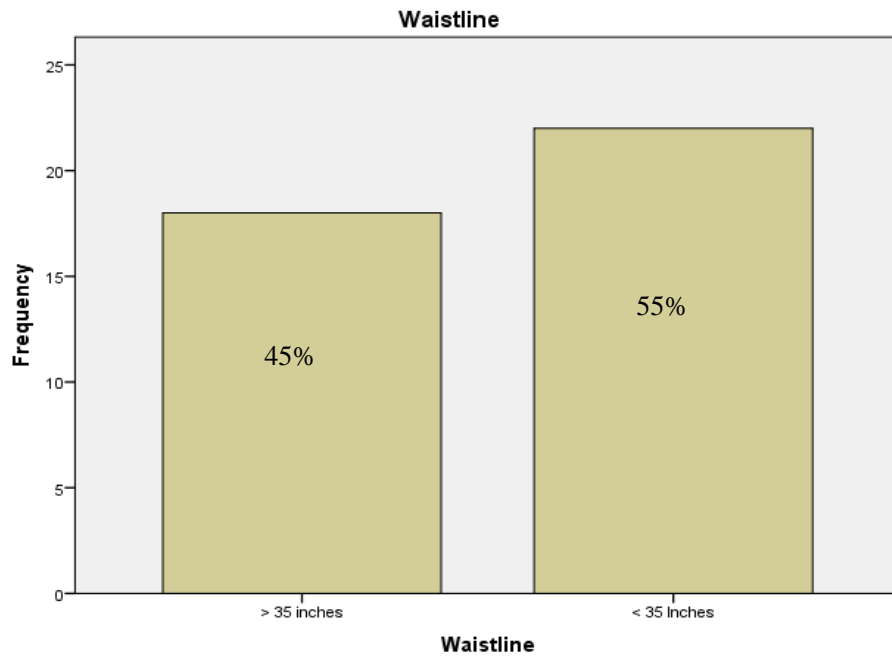
**Table 12 Difficulty In Weight Loss**

|       |   | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---|-----------|---------|---------------|--------------------|
| Valid | Y | 26        | 65.0    | 65.0          | 65.0               |
|       | N | 14        | 35.0    | 35.0          | 100.0              |
| Total |   | 40        | 100.0   | 100.0         |                    |



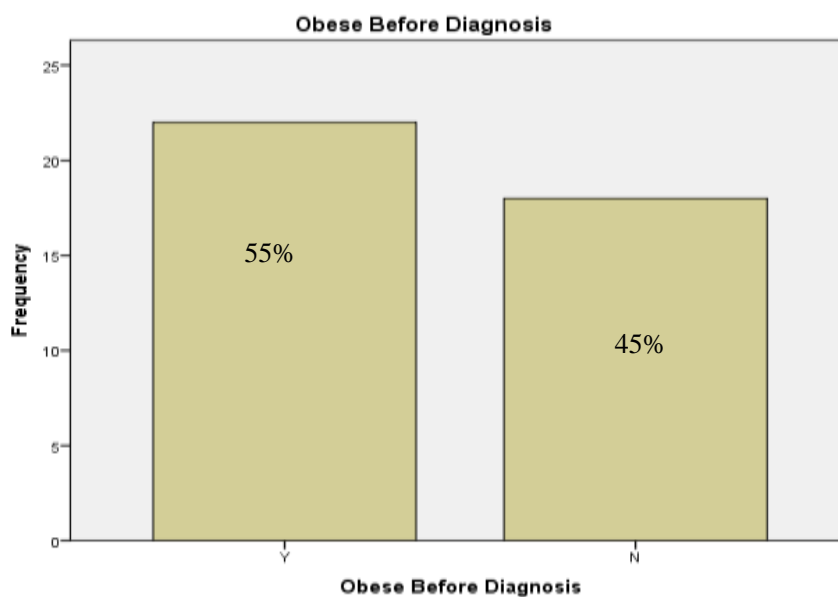
**Table 13 Waistline**

|                   | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------------------|-----------|---------|---------------|--------------------|
| Valid > 35 inches | 18        | 45.0    | 45.0          | 45.0               |
| < 35 Inches       | 22        | 55.0    | 55.0          | 100.0              |
| Total             | 40        | 100.0   | 100.0         |                    |



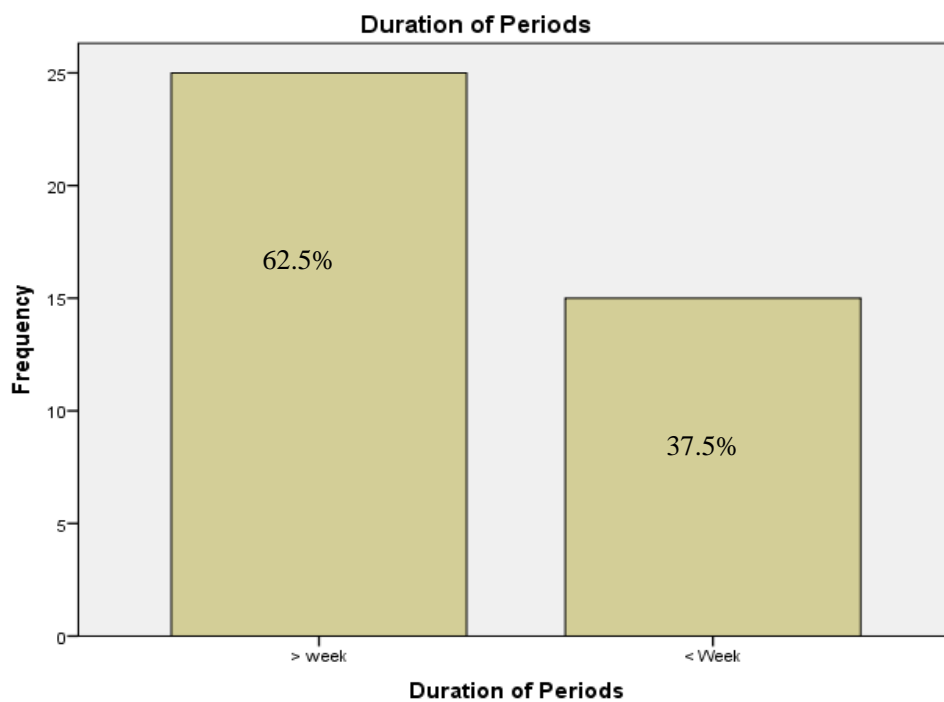
**Table 14 Obese Before Diagnosis**

|       |       | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | Y     | 22        | 55.0    | 55.0          | 55.0               |
|       | N     | 18        | 45.0    | 45.0          | 100.0              |
|       | Total | 40        | 100.0   | 100.0         |                    |



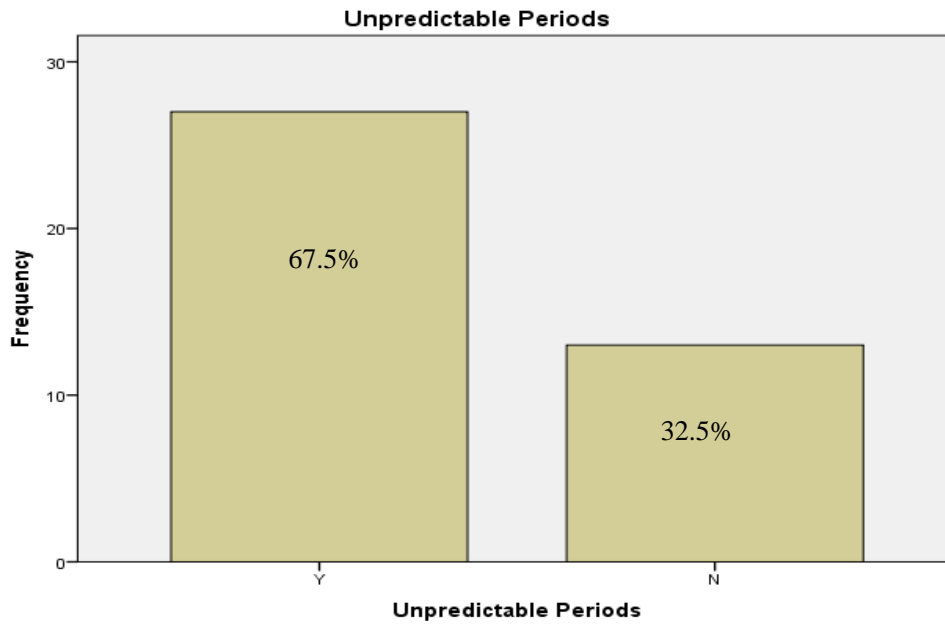
**Table 15: Duration of Periods**

|              | Frequency | Percent | Valid Percent | Cumulative Percent |
|--------------|-----------|---------|---------------|--------------------|
| Valid > week | 25        | 62.5    | 62.5          | 62.5               |
| < Week       | 15        | 37.5    | 37.5          | 100.0              |
| Total        | 40        | 100.0   | 100.0         |                    |



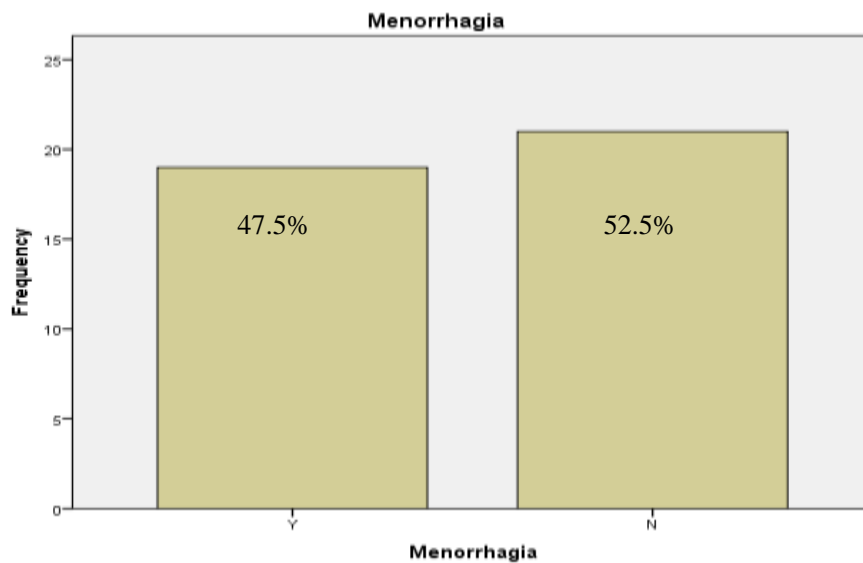
**Table 16 Unpredictable Periods**

|         | Frequency | Percent | Valid Percent | Cumulative Percent |
|---------|-----------|---------|---------------|--------------------|
| Valid Y | 27        | 67.5    | 67.5          | 67.5               |
| N       | 13        | 32.5    | 32.5          | 100.0              |
| Total   | 40        | 100.0   | 100.0         |                    |



**Table 17: Menorrhagia**

|         | Frequency | Percent | Valid Percent | Cumulative Percent |
|---------|-----------|---------|---------------|--------------------|
| Valid Y | 19        | 47.5    | 47.5          | 47.5               |
| N       | 21        | 52.5    | 52.5          | 100.0              |
| Total   | 40        | 100.0   | 100.0         |                    |





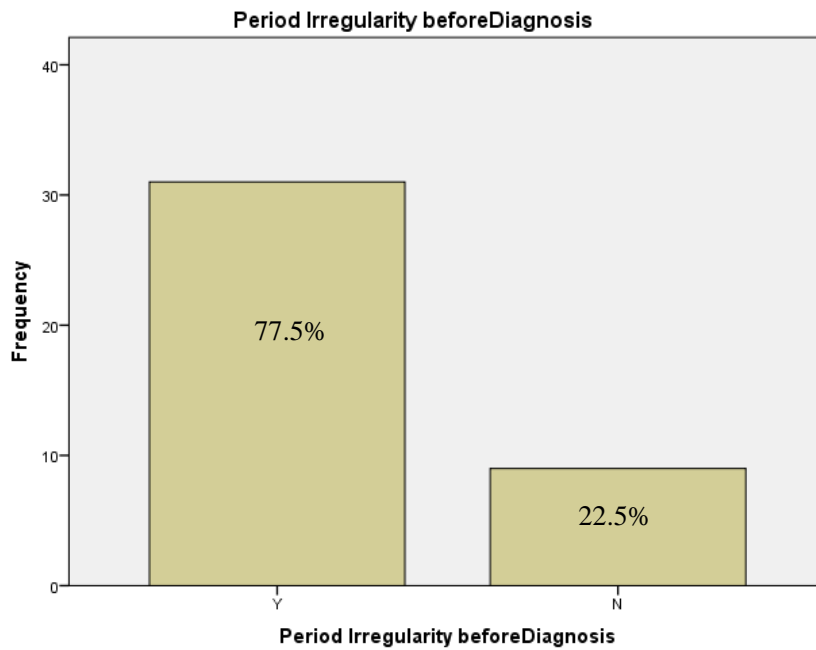
**Table 18: Oligomenorrhea**

|       |       | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | Y     | 17        | 42.5    | 42.5          | 42.5               |
|       | N     | 23        | 57.5    | 57.5          | 100.0              |
|       | Total | 40        | 100.0   | 100.0         |                    |



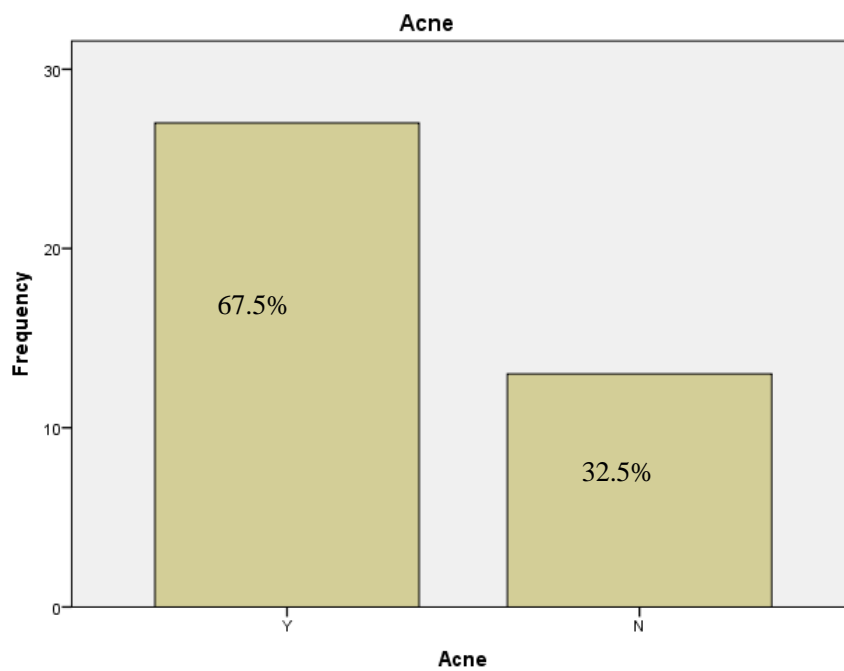
**Table 19: Period Irregularity before Diagnosis**

|       |       | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | Y     | 31        | 77.5    | 77.5          | 77.5               |
|       | N     | 9         | 22.5    | 22.5          | 100.0              |
|       | Total | 40        | 100.0   | 100.0         |                    |



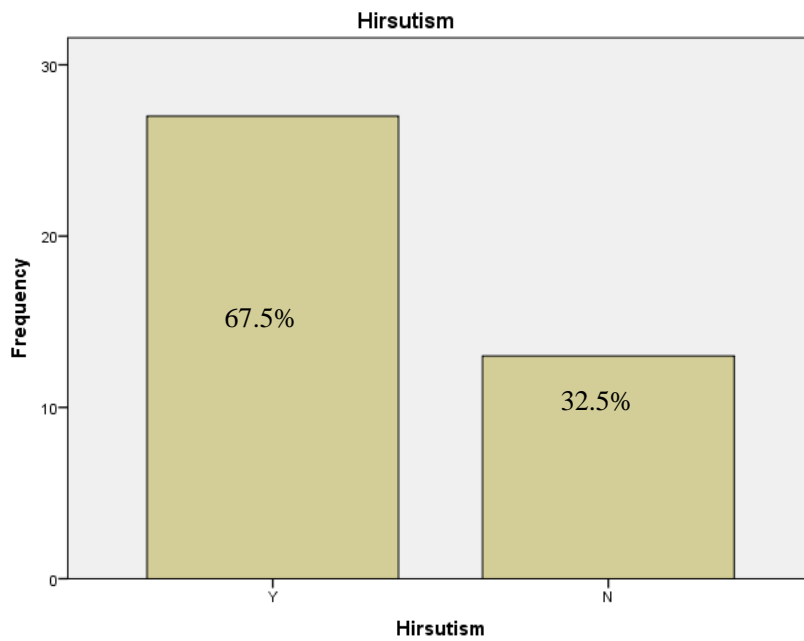
**Table 20: Acne**

|       |   | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---|-----------|---------|---------------|--------------------|
| Valid | Y | 27        | 67.5    | 67.5          | 67.5               |
|       | N | 13        | 32.5    | 32.5          | 100.0              |
| Total |   | 40        | 100.0   | 100.0         |                    |



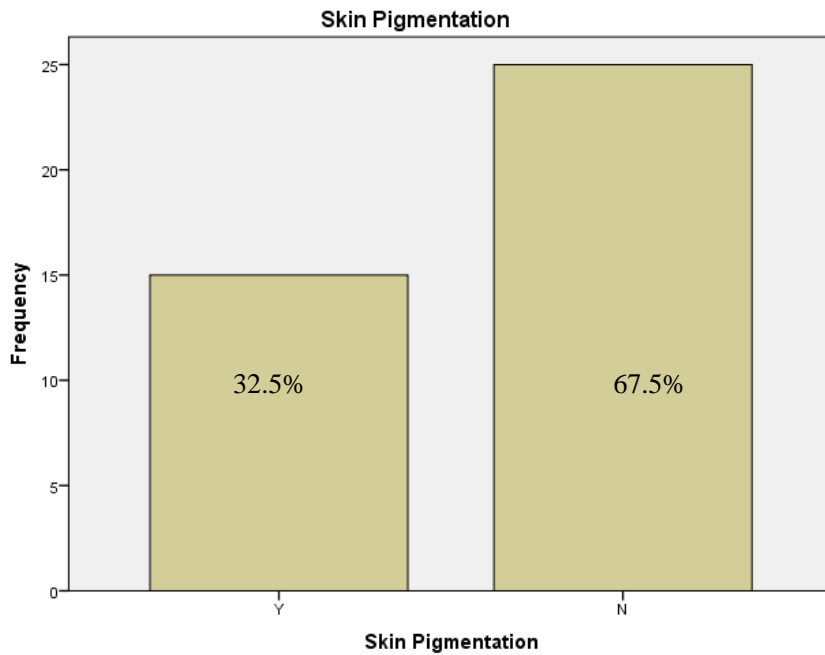
**Table21: Hirsutism**

|         | Frequency | Percent | Valid Percent | Cumulative Percent |
|---------|-----------|---------|---------------|--------------------|
| Valid Y | 27        | 67.5    | 67.5          | 67.5               |
| N       | 13        | 32.5    | 32.5          | 100.0              |
| Total   | 40        | 100.0   | 100.0         |                    |



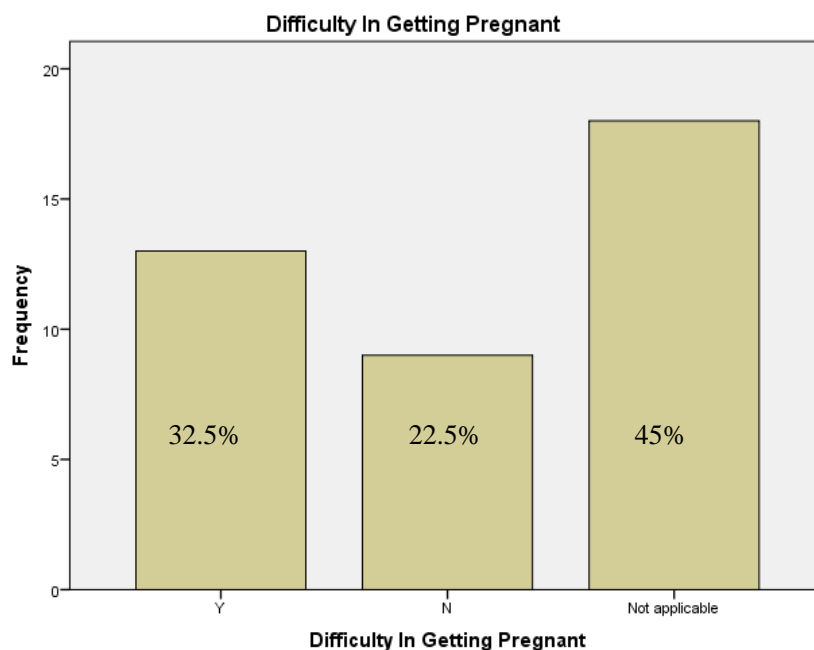
**Table 22 :Skin Pigmentation**

|         | Frequency | Percent | Valid Percent | Cumulative Percent |
|---------|-----------|---------|---------------|--------------------|
| Valid Y | 15        | 37.5    | 37.5          | 37.5               |
| N       | 25        | 62.5    | 62.5          | 100.0              |
| Total   | 40        | 100.0   | 100.0         |                    |



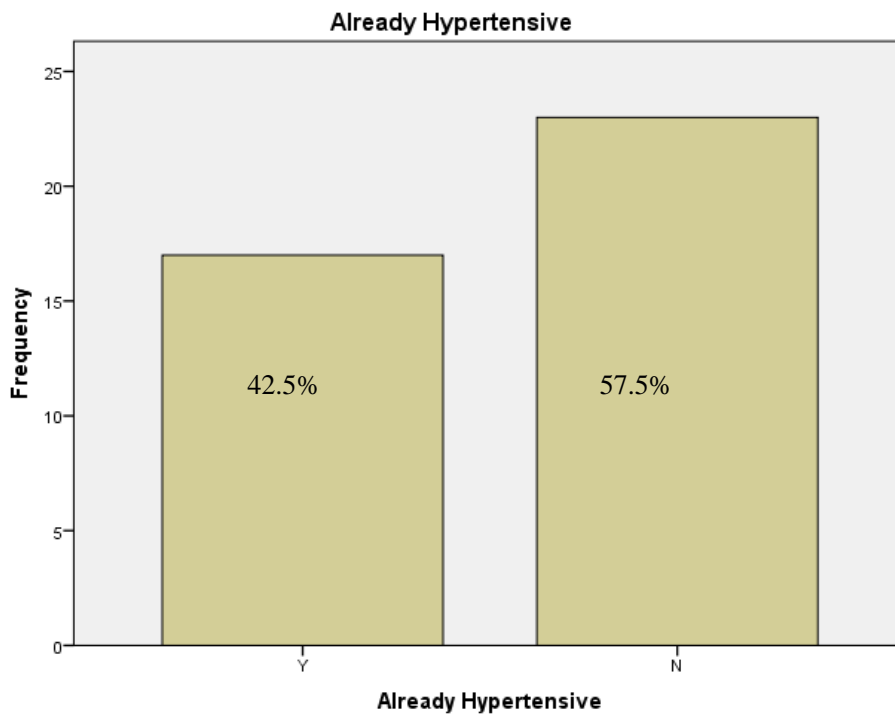
**Table 23: Difficulty In Getting Pregnant**

|       |                | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|----------------|-----------|---------|---------------|--------------------|
| Valid | Y              | 13        | 32.5    | 32.5          | 32.5               |
|       | N              | 9         | 22.5    | 22.5          | 55.0               |
|       | Not applicable | 18        | 45.0    | 45.0          | 100.0              |
| Total |                | 40        | 100.0   | 100.0         |                    |



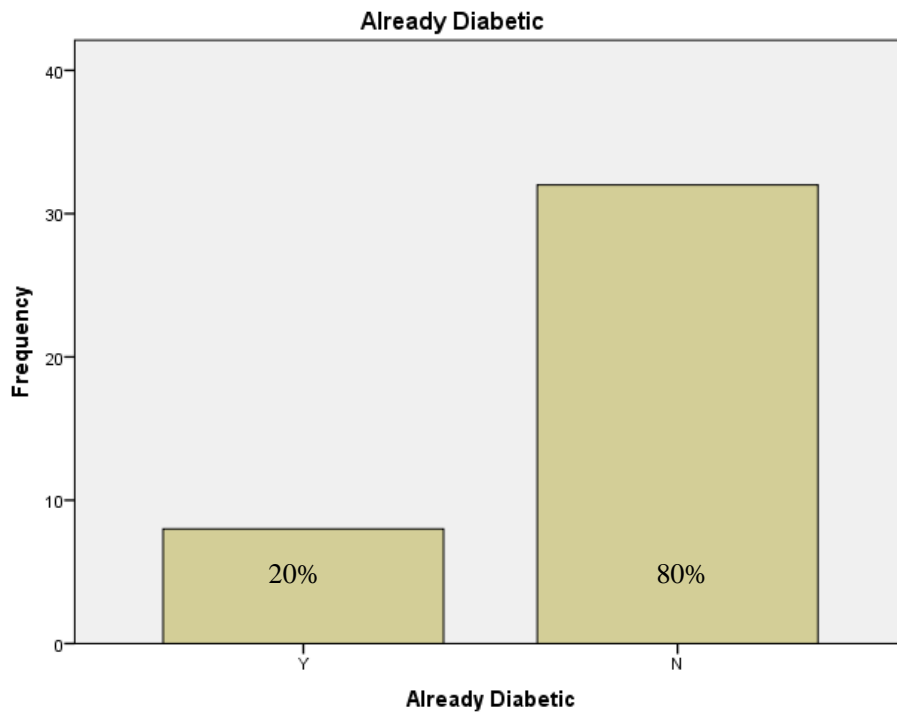
**Table 24: Already Hypertensive**

|         | Frequency | Percent | Valid Percent | Cumulative Percent |
|---------|-----------|---------|---------------|--------------------|
| Valid Y | 17        | 42.5    | 42.5          | 42.5               |
| d N     | 23        | 57.5    | 57.5          | 100.0              |
| Total   | 40        | 100.0   | 100.0         |                    |



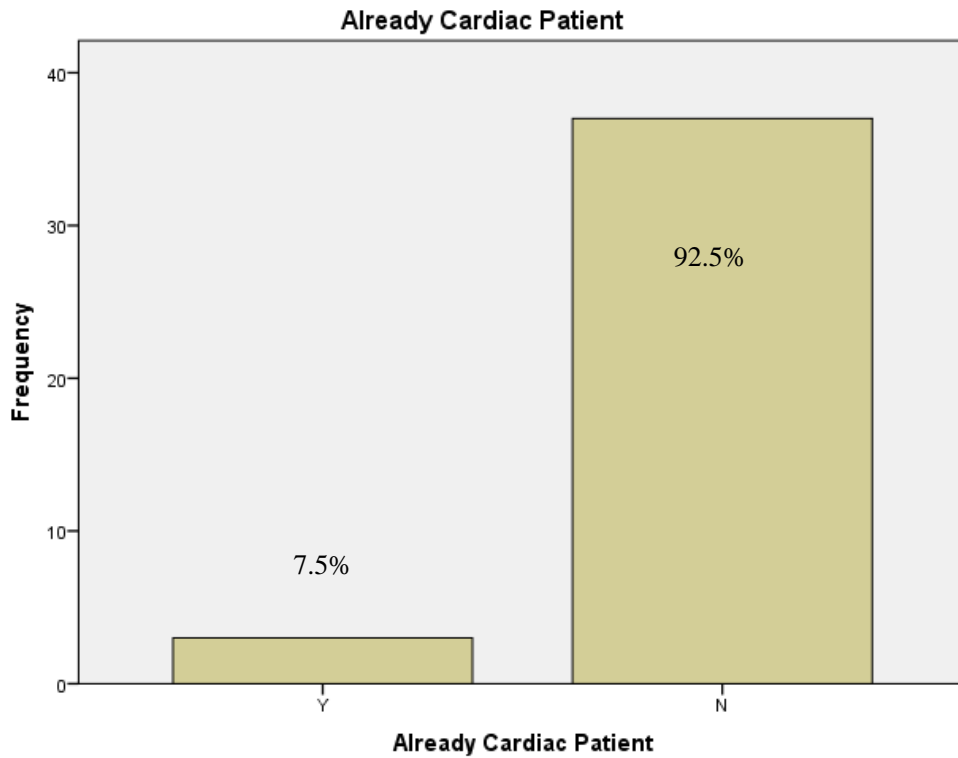
**Table 25: Already Diabetic**

|         | Frequency | Percent | Valid Percent | Cumulative Percent |
|---------|-----------|---------|---------------|--------------------|
| Valid Y | 8         | 20.0    | 20.0          | 20.0               |
| N       | 32        | 80.0    | 80.0          | 100.0              |
| Total   | 40        | 100.0   | 100.0         |                    |



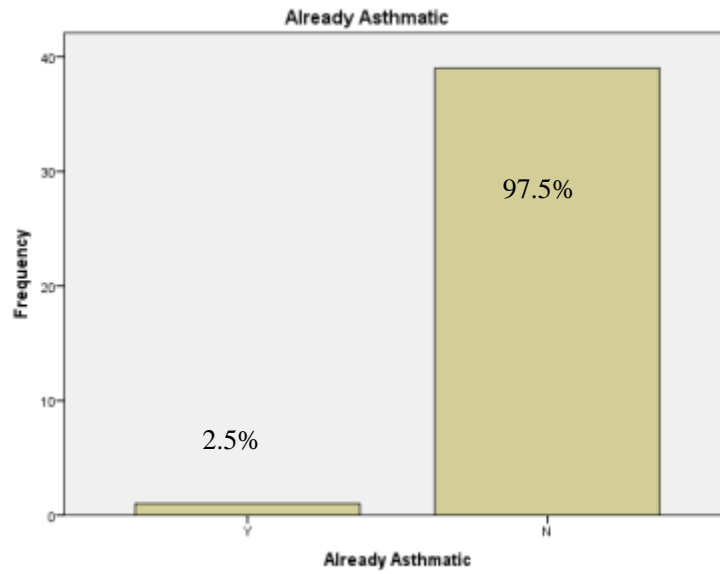
**Table 26: Already Cardiac Patient**

|       |       | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | Y     | 3         | 7.5     | 7.5           | 7.5                |
|       | N     | 37        | 92.5    | 92.5          | 100.0              |
|       | Total | 40        | 100.0   | 100.0         |                    |



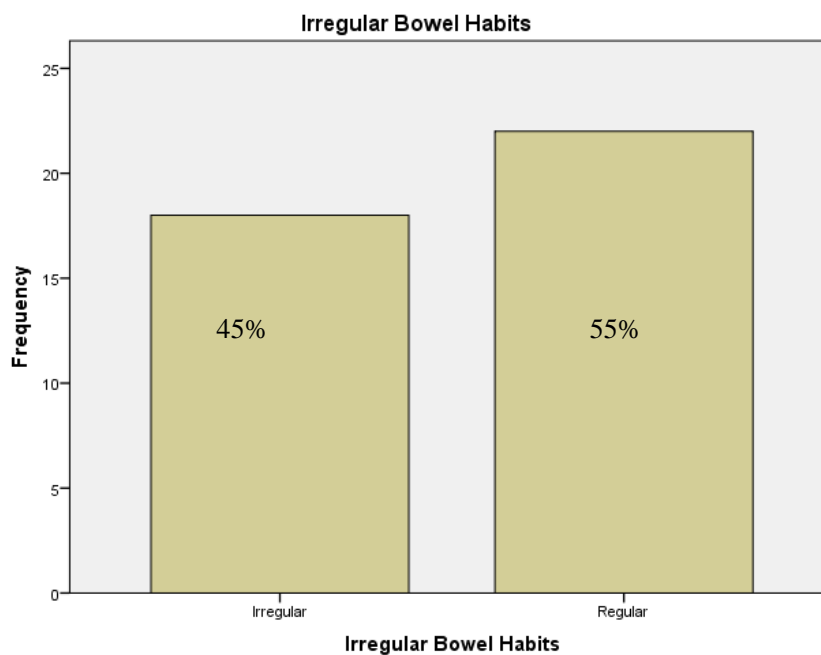
**Table 27: Already Asthmatic**

|       |       | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | Y     | 1         | 2.5     | 2.5           | 2.5                |
|       | N     | 39        | 97.5    | 97.5          | 100.0              |
|       | Total | 40        | 100.0   | 100.0         |                    |



**Table 28: Irregular Bowel Habits**

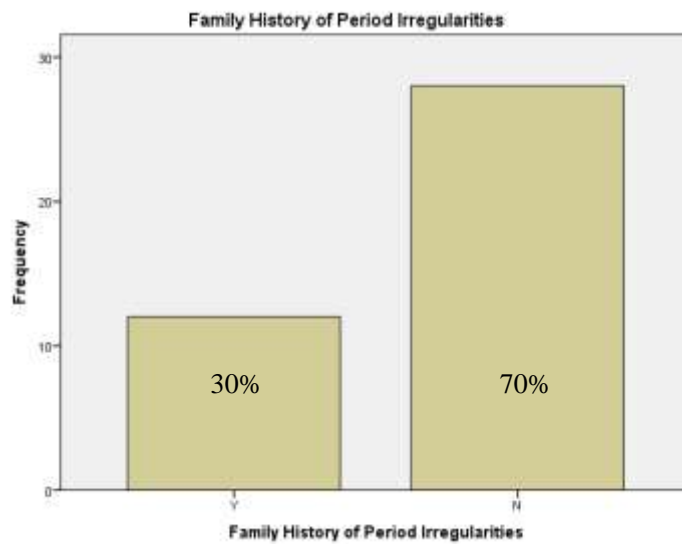
|                 | Frequency | Percent | Valid Percent | Cumulative Percent |
|-----------------|-----------|---------|---------------|--------------------|
| Valid Irregular | 18        | 45.0    | 45.0          | 45.0               |
| Regular         | 22        | 55.0    | 55.0          | 100.0              |
| Total           | 40        | 100.0   | 100.0         |                    |





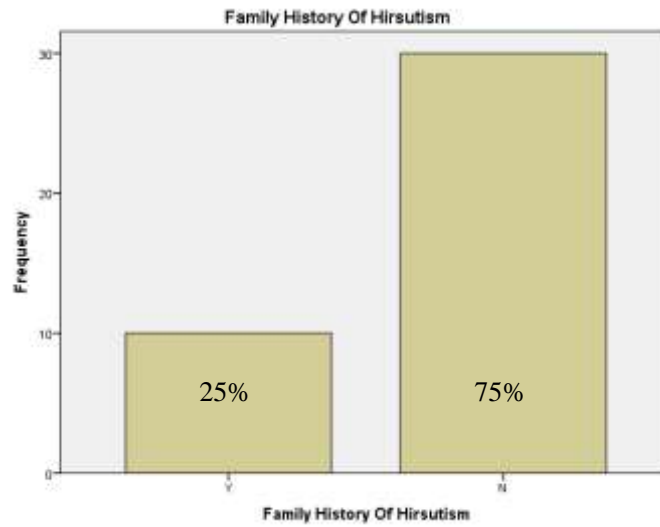
**Table 29: Family History of Period Irregularities**

|       |   | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---|-----------|---------|---------------|--------------------|
| Valid | Y | 12        | 30.0    | 30.0          | 30.0               |
|       | N | 28        | 70.0    | 70.0          | 100.0              |
| Total |   | 40        | 100.0   | 100.0         |                    |



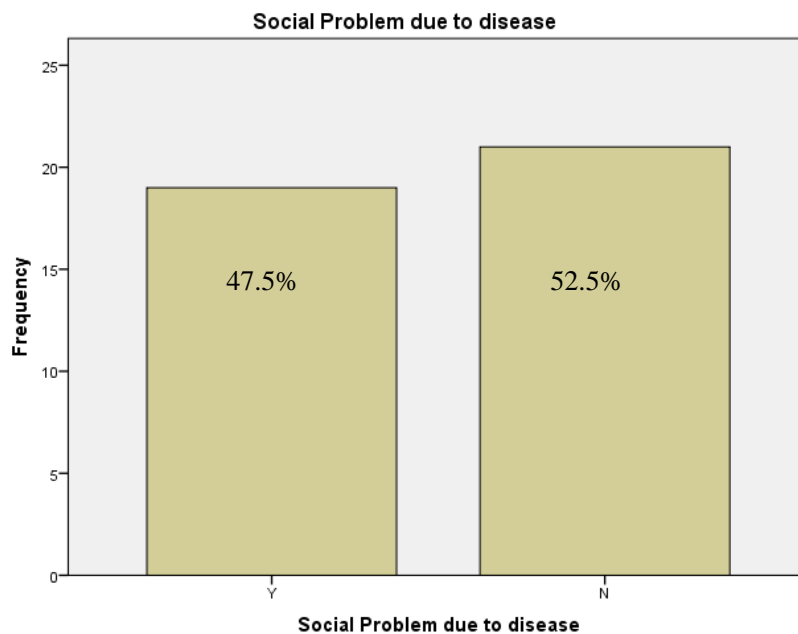
**Table 30: Family History Of Hirsutism**

|       |   | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---|-----------|---------|---------------|--------------------|
| Valid | Y | 10        | 25.0    | 25.0          | 25.0               |
|       | N | 30        | 75.0    | 75.0          | 100.0              |
| Total |   | 40        | 100.0   | 100.0         |                    |



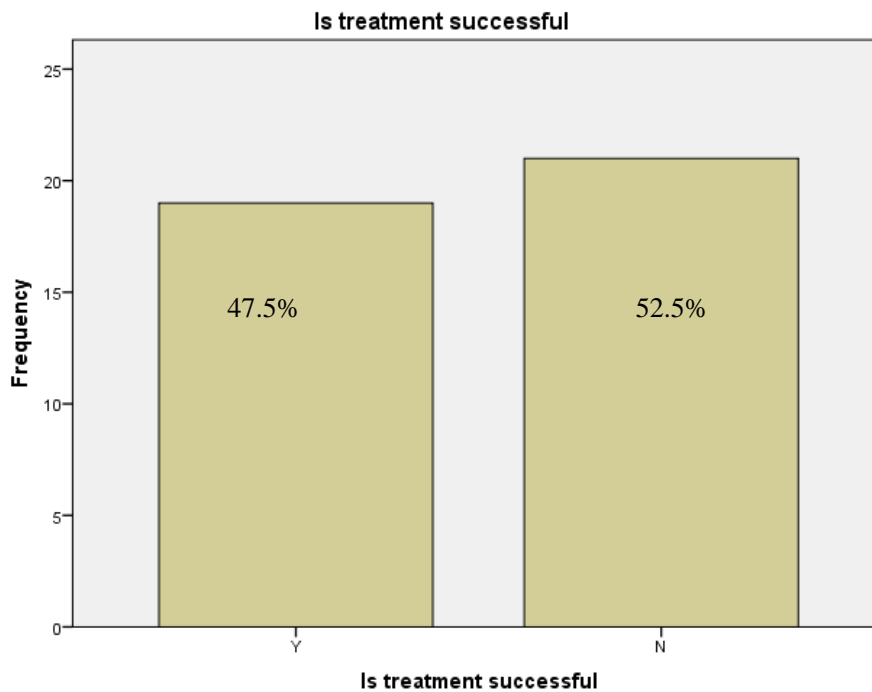
**Table 31: Social Problem due to disease**

|       |   | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---|-----------|---------|---------------|--------------------|
| Valid | Y | 19        | 47.5    | 47.5          | 47.5               |
|       | N | 21        | 52.5    | 52.5          | 100.0              |
| Total |   | 40        | 100.0   | 100.0         |                    |



**Table 31: Is treatment successful**

|         | Frequency | Percent | Valid Percent | Cumulative Percent |
|---------|-----------|---------|---------------|--------------------|
| Valid Y | 19        | 47.5    | 47.5          | 47.5               |
| N       | 21        | 52.5    | 52.5          | 100.0              |
| Total   | 40        | 100.0   | 100.0         |                    |



**Table 32: Menarche**

| valid | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-----------|---------|---------------|--------------------|
| 11    | 1         | 2.5     | 2.5           | 2.5                |
| 12    | 4         | 10.0    | 10.0          | 12.5               |
| 13    | 11        | 27.5    | 27.5          | 40.0               |
| 14    | 10        | 25.0    | 25.0          | 65.0               |
| 15    | 9         | 22.5    | 22.5          | 87.5               |
| 16    | 5         | 12.5    | 12.5          | 100.0              |
| Total | 40        | 100.0   | 100.0         |                    |

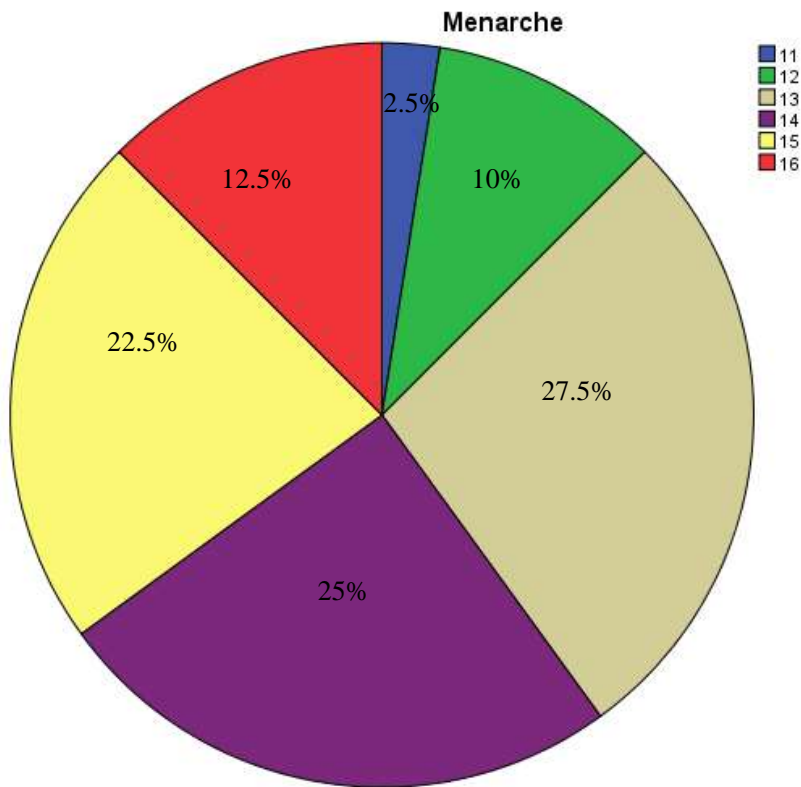
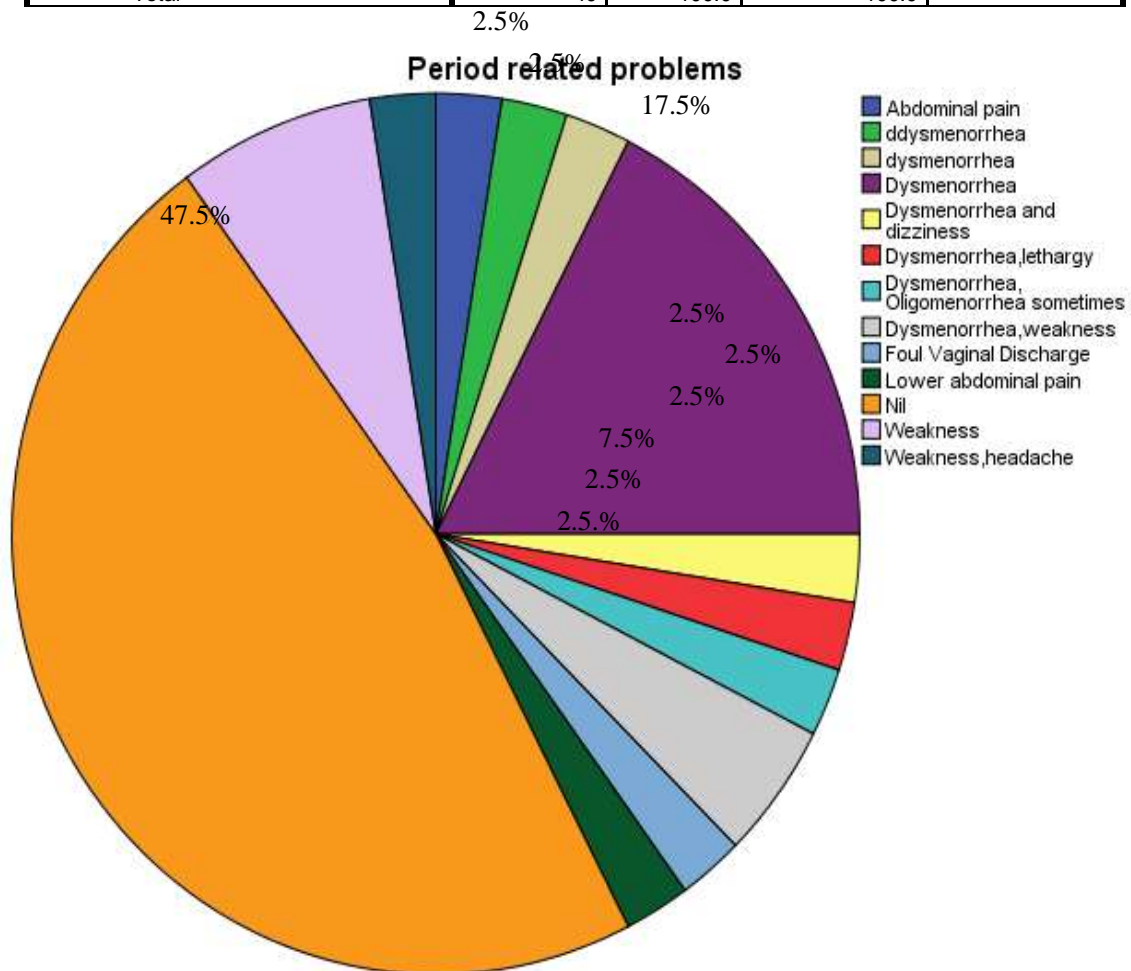


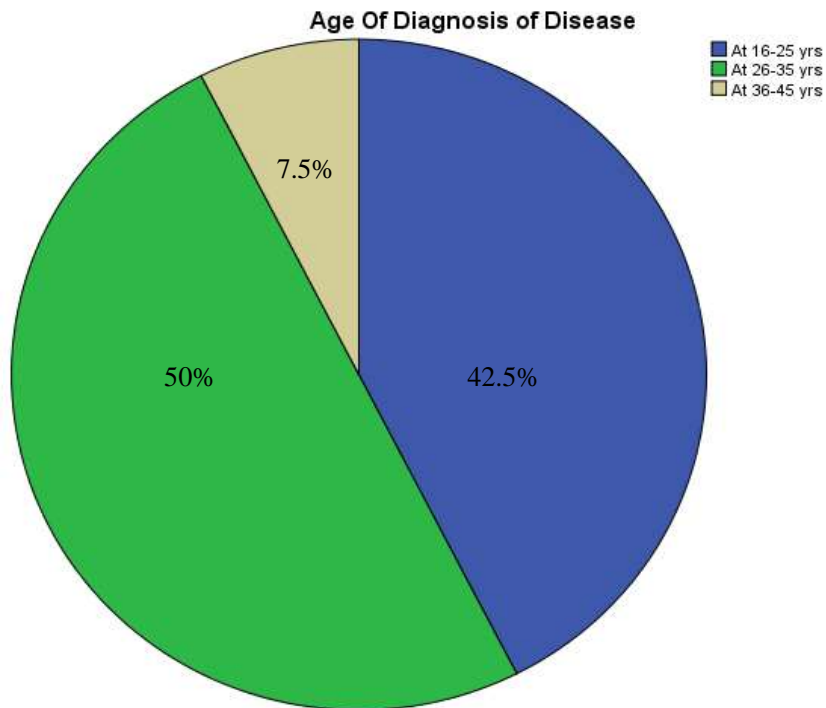
Table 33: Period related problems

|                                       | Frequency | Percent | Valid Percent | Cumulative Percent |
|---------------------------------------|-----------|---------|---------------|--------------------|
| Valid Abdominal pain                  | 1         | 2.5     | 2.5           | 2.5                |
| Ddysmenorrhea                         | 1         | 2.5     | 2.5           | 5.0                |
| Dysmenorrheal                         | 1         | 2.5     | 2.5           | 7.5                |
| Dysmenorrhea                          | 7         | 17.5    | 17.5          | 25.0               |
| Dysmenorrhea and dizziness            | 1         | 2.5     | 2.5           | 27.5               |
| Dysmenorrhea,lethargy                 | 1         | 2.5     | 2.5           | 30.0               |
| Dysmenorrhea,Oligomenorrhea sometimes | 1         | 2.5     | 2.5           | 32.5               |
| Dysmenorrhea,weakness                 | 2         | 5.0     | 5.0           | 37.5               |
| Foul Vaginal Discharge                | 1         | 2.5     | 2.5           | 40.0               |
| Lower abdominal pain                  | 1         | 2.5     | 2.5           | 42.5               |
| Nil                                   | 19        | 47.5    | 47.5          | 90.0               |
| Weakness                              | 3         | 7.5     | 7.5           | 97.5               |
| Weakness,headache                     | 1         | 2.5     | 2.5           | 100.0              |
| Total                                 | 40        | 100.0   | 100.0         |                    |



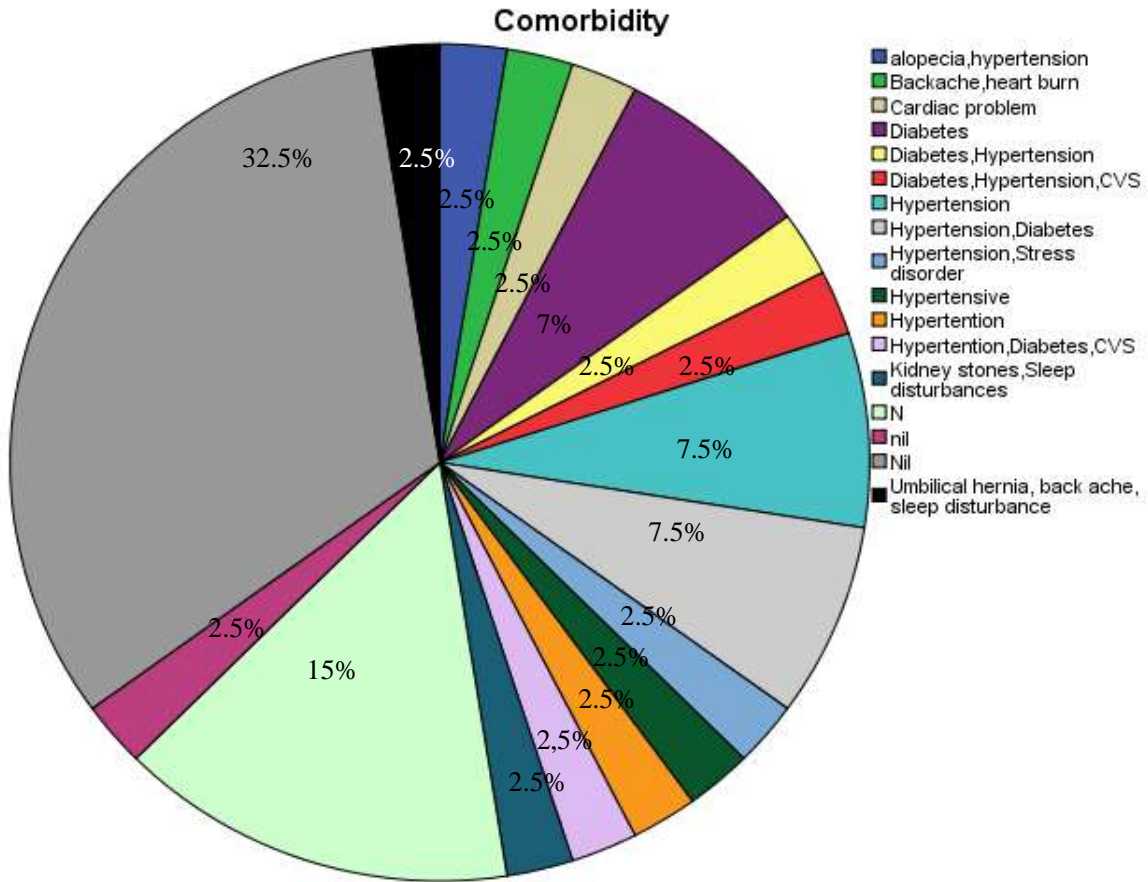
**Table 34: Age Of Diagnosis of Disease**

|       |              | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------|-----------|---------|---------------|--------------------|
| Valid | At 16-25 yrs | 17        | 42.5    | 42.5          | 42.5               |
|       | At 26-35 yrs | 20        | 50.0    | 50.0          | 92.5               |
|       | At 36-45 yrs | 3         | 7.5     | 7.5           | 100.0              |
| Total |              | 40        | 100.0   | 100.0         |                    |



**Table 35: Comorbidity**

|                                               | Frequency | Percent | Valid Percent | Cumulative Percent |
|-----------------------------------------------|-----------|---------|---------------|--------------------|
| Valid alopecia,hypertension                   | 1         | 2.5     | 2.5           | 2.5                |
| Backache,heart burn                           | 1         | 2.5     | 2.5           | 5.0                |
| Cardiac problem                               | 1         | 2.5     | 2.5           | 7.5                |
| Diabetes                                      | 3         | 7.5     | 7.5           | 15.0               |
| Diabetes,Hypertension                         | 1         | 2.5     | 2.5           | 17.5               |
| Diabetes,Hypertension,CVS                     | 1         | 2.5     | 2.5           | 20.0               |
| Hypertension                                  | 3         | 7.5     | 7.5           | 27.5               |
| Hypertension,Diabetes                         | 3         | 7.5     | 7.5           | 35.0               |
| Hypertension,Stress disorder                  | 1         | 2.5     | 2.5           | 37.5               |
| Hypertensive                                  | 1         | 2.5     | 2.5           | 40.0               |
| Hypertention                                  | 1         | 2.5     | 2.5           | 42.5               |
| Hypertention,Diabetes,CVS                     | 1         | 2.5     | 2.5           | 45.0               |
| Kidney stones,Sleep disturbances              | 1         | 2.5     | 2.5           | 47.5               |
| N                                             | 6         | 15.0    | 15.0          | 62.5               |
| Nil                                           | 1         | 2.5     | 2.5           | 65.0               |
| Nil                                           | 13        | 32.5    | 32.5          | 97.5               |
| Umbilical hernia, back ache,sleep disturbance | 1         | 2.5     | 2.5           | 100.0              |
| Total                                         | 40        | 100.0   | 100.0         |                    |



**Table 37 :Actual Age Of Patients:**

|          | Frequency | Percent | Valid Percent | Cumulative Percent |
|----------|-----------|---------|---------------|--------------------|
| Valid 19 | 2         | 5.0     | 5.0           | 5.0                |
| 20       | 3         | 7.5     | 7.5           | 12.5               |
| 21       | 3         | 7.5     | 7.5           | 20.0               |
| 22       | 4         | 10.0    | 10.0          | 30.0               |
| 23       | 2         | 5.0     | 5.0           | 35.0               |
| 25       | 1         | 2.5     | 2.5           | 37.5               |
| 27       | 2         | 5.0     | 5.0           | 42.5               |
| 28       | 1         | 2.5     | 2.5           | 45.0               |
| 29       | 1         | 2.5     | 2.5           | 47.5               |



|       |    |       |       |       |
|-------|----|-------|-------|-------|
| 30    | 6  | 15.0  | 15.0  | 62.5  |
| 31    | 1  | 2.5   | 2.5   | 65.0  |
| 32    | 1  | 2.5   | 2.5   | 67.5  |
| 33    | 3  | 7.5   | 7.5   | 75.0  |
| 34    | 1  | 2.5   | 2.5   | 77.5  |
| 35    | 1  | 2.5   | 2.5   | 80.0  |
| 36    | 1  | 2.5   | 2.5   | 82.5  |
| 38    | 1  | 2.5   | 2.5   | 85.0  |
| 39    | 1  | 2.5   | 2.5   | 87.5  |
| 40    | 3  | 7.5   | 7.5   | 95.0  |
| 43    | 1  | 2.5   | 2.5   | 97.5  |
| 45    | 1  | 2.5   | 2.5   | 100.0 |
| Total | 40 | 100.0 | 100.0 |       |

**Statistics**

|        |         | Actual age of patient | Actual age of menarche | Actual age of diagnosis |
|--------|---------|-----------------------|------------------------|-------------------------|
| N      | Valid   | 40                    | 40                     | 40                      |
|        | Missing | 0                     | 0                      | 0                       |
| Mean   |         |                       |                        | 27.00                   |
| Median |         |                       |                        | 27.00                   |
| Mode   |         |                       |                        | 21                      |

**Table 39 : Actual age of diagnosis**

|       |    | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|----|-----------|---------|---------------|--------------------|
| Valid | 18 | 1         | 2.5     | 2.5           | 2.5                |
|       | 19 | 2         | 5.0     | 5.0           | 7.5                |
|       | 20 | 5         | 12.5    | 12.5          | 20.0               |
|       | 21 | 6         | 15.0    | 15.0          | 35.0               |
|       | 23 | 1         | 2.5     | 2.5           | 37.5               |
|       | 25 | 2         | 5.0     | 5.0           | 42.5               |
|       | 26 | 1         | 2.5     | 2.5           | 45.0               |
|       | 27 | 3         | 7.5     | 7.5           | 52.5               |
|       | 28 | 1         | 2.5     | 2.5           | 55.0               |
|       | 29 | 4         | 10.0    | 10.0          | 65.0               |

|       |    |       |       |       |
|-------|----|-------|-------|-------|
| 30    | 4  | 10.0  | 10.0  | 75.0  |
| 32    | 3  | 7.5   | 7.5   | 82.5  |
| 33    | 1  | 2.5   | 2.5   | 85.0  |
| 34    | 2  | 5.0   | 5.0   | 90.0  |
| 35    | 1  | 2.5   | 2.5   | 92.5  |
| 39    | 1  | 2.5   | 2.5   | 95.0  |
| 40    | 1  | 2.5   | 2.5   | 97.5  |
| 43    | 1  | 2.5   | 2.5   | 100.0 |
| Total | 40 | 100.0 | 100.0 |       |

## DISCUSSION

According to our research, 50 % and 32.5% of the women belonged to age groups 21-30 years and 31-40 years respectively. The expected cause of this frequency consistent with corresponding age groups is that these are the reproductive years with drastic hormonal changes, induced by pregnancy or contraceptives etc.

According to a research published in Indian Journal of Endocrinology and Metabolism named as Prevalence of polycystic ovary syndrome in young women from North India: A Community-based study: Calculated prevalence of PCOS in women between the ages of 18-25 years from Lucknow, north India, is 3.7%. Majority of these girls were lean but have abdominal obesity.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3603088/>

## DEMOGRAPHIC ATTRIBUTES

Moreover, 35 out of total 40 women were from urban areas while majority of the total women that makes 40%, were housewives by profession. Most (15 out of 40) of these women are found to have no specific physical activity on regular basis while only 12 out of 40 were involved in general household work. This shows sedentary life style is somehow associated with the disease, indirectly via

obesity or other

factors.

## SOCIOECONOMIC STATUS

As far as the socioeconomic status is concerned, 80% of the women in our study were found to belong from middle class. This may be due to the availability of the comparatively cheaper broiler chicken to them.

## DIET AND PCOS

Diet is seen to have a profound relation with the Polycystic Ovarian Disease. Out of 40, 27 were meat lovers while only 13 were vegetarians. Moreover, majority i.e., 65% females had fast food preferentially in the diet. Fast food includes fried items and broiler chicken as the main component, which is known to cause early puberty and hormonal imbalances in females of reproductive age group.

37.5% women are also found to have a craving for carbohydrates and sweets. It may be due to the fact that such patients have high serum insulin levels due to its non-utilization in body, making patient feel lethargic and hypoglycemic.

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the Clinical Nutrition Research Unit, Birmingham, Alabama.

Compared with matched control women, women with PCOS exhibited a dietary pattern that was marked by consumption of a greater amount of specific foods with a high glycemic index; however, diet composition was not associated with the greater fasting insulin concentration or with lower glucose-to-insulin ratio that was observed in the PCOS group.

<http://www.sciencedirect.com/science/article/pii/S0015028206006479>

### **IMPACT OF OBESITY ON PCOS**

Our research also showed a strong association of obesity with the disease as 95% of the females were having continuous weight gain and 65% have had difficulty in losing weight in the past. It is due to the reason that obesity is linked with metabolic syndrome and increased androgen production, the features that are consistent with the Polycystic Ovarian Syndrome.

According to a research conducted by Renato Pasquali, M.D., Division of Endocrinology, Department of Internal Medicine, S. Orsola-Malpighi Hospital, Via Massarenti 9, 40138 Bologna, Italy

HYPERANDROGENISM and hyperinsulinemia are the cardinal features of most women with polycystic ovary syndrome (PCOS) (1). Moreover, obesity is frequently associated with the syndrome (1). All these features contribute in different ways to its phenotypic expression, including metabolic disturbances. This is emphasized by the different spectrum of benefits obtained by treating PCOS women with a hypocaloric diet (2, 3), insulin-sensitizing (4, 5, 6, 7), or antiandrogen agents (8, 9, 10).

-See more at:  
<http://press.endocrine.org/doi/full/10.1210/jc.2005-2250#sthash.DA0NWSAY.dpuf>

### **MENSTRUAL IRREGULARITIES**

As per our study, majority of the females had menarche at the normal age. However, irregularities and problems are seen later on. Out of total 40, we found 27 women who complaint of unpredictable periods. 47.5% and 42.5% of the females presented with menorrhagia and oligomenorrhea, respectively. Moreover, 77% of the women suffering from the disease were having menstrual irregularities in the past. All these abnormal trends in cycles may be due to hormonal changes, induced by multiple factors like diet, stress, obesity etc., as discussed earlier.

89 PCOS women were evaluated cross-sectionally at the age of 25 years. In 49 subjects menstrual irregularities were present from menarche, whereas in 40 women the irregularities appeared at least 3 years post menarche.

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### **SKIN PROBLEMS ASSOCIATED WITH PCOS**

67.5% of the females suffering from the disease were also seen to have skin problems like acne and hirsutism. It is due to hormonal disturbance in the form of increased androgens that causes excessive facial hair growth and acne, one of the features of the Polycystic Ovarian Syndrome. Moreover skin pigmentation may also due to perturbation in pituitary or thyroid hormones, since the disease involves multiple systems

### **FERTILITY PROBLEMS**

In our study, 55% women were married, 32.5% of which were facing problems in getting pregnant. Pregnancy requires timely interplay of appropriate hormones but the hormonal imbalance associated with the disease makes the process difficult and sometimes impossible, leading to infertility.

### **PSYCHOLOGICAL STRESS AND PCOS**

Mental and emotional health are just as important as physical health. Depression and anxiety are common in women with PCOS but are often overlooked and left untreated. 70% of the females in our study were going through some psychological stress conditions in their lives.

Research shows that experiencing symptoms of PCOS like excess facial hair growth, changes in weight and fertility problems also negatively affects moods, self-confidence and body image. 47.5% subjects are found to have social problems like inferiority complex due to cosmetic reasons.

According to research conducted by Department of Medical Psychology (S.E., M.S.) and Division of Endocrinology, Department of Medicine (S.H., D.K., K.M., O.E.J.), University of Essen, 45122 Essen, Germany; and Division of Angiology, Department of Medicine (A.H.Ö.), Hospital Schwabing, 80804 Munich, Germany . Patients showed greater psychological disturbances on the symptom checklist revised dimensions, obsessive-compulsive, interpersonal sensitivity, depression, anxiety, aggression, and psychoticism, along with a lower degree of life satisfaction in the life satisfaction questionnaire scales health, self, and sex. Health-related quality of life

measured with the 36-item short-form health survey revealed significantly decreased scores for physical role function, bodily pain, vitality, social function, emotional role function, and mental health in patients with PCOS. Although patients had the same partner status and frequency of sexual intercourse, they were significantly less satisfied with their sex life and found themselves less attractive. Most of the differences were not affected by correction for body weight. In conclusion, PCOS causes a major reduction in the quality of life and severely limits sexual satisfaction.

- See more at:  
<http://press.endocrine.org/doi/abs/10.1210/jc.2003-030562#sthash.0blf6i8G.dpuf>

### **COMORBIDITIES**

Majority of the women were also having comorbidities as well. 42.5% were already hypertensive patients. The association can be well defined as the main risk factor i.e, obesity of both hypertension and PCOS is the same. Moreover, 45% females had irregular bowel habits. We can think of imbalance of thyroid hormones, seen in PCOS, leading to diarrhea, constipation and appetite alterations.

According to research conducted by Department of Obstetrics and Gynecology (J.S., M.B., E.D.) and Department of Internal Medicine (K.L.-W.), Section for Endocrinology, Sahlgrenska University Hospital at Sahlgrenska Academy, University of Gothenburg, SE-41345 Göteborg, Sweden

PCOS women had a higher prevalence of hypertension ( $P = 0.008$ ) and higher triglyceride levels ( $P = 0.012$ ) than controls. MI, stroke, diabetes, cancer, and mortality prevalence was similar in the two cohorts with similar body mass index.

- See more at:



<http://press.endocrine.org/doi/abs/10.1210/jc.2011-1677#sthash.JsCUiZgo.dpuf>

**FAMILY HISTORY**

In our research 30% and 25% females were found to have a positive family history of menstrual irregularities and hirsutism, respectively. It shows that the disease may be having some genetic association as well.

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