

POLYCYSTIC OVARIAN SYNDROME

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OBJECTIVES

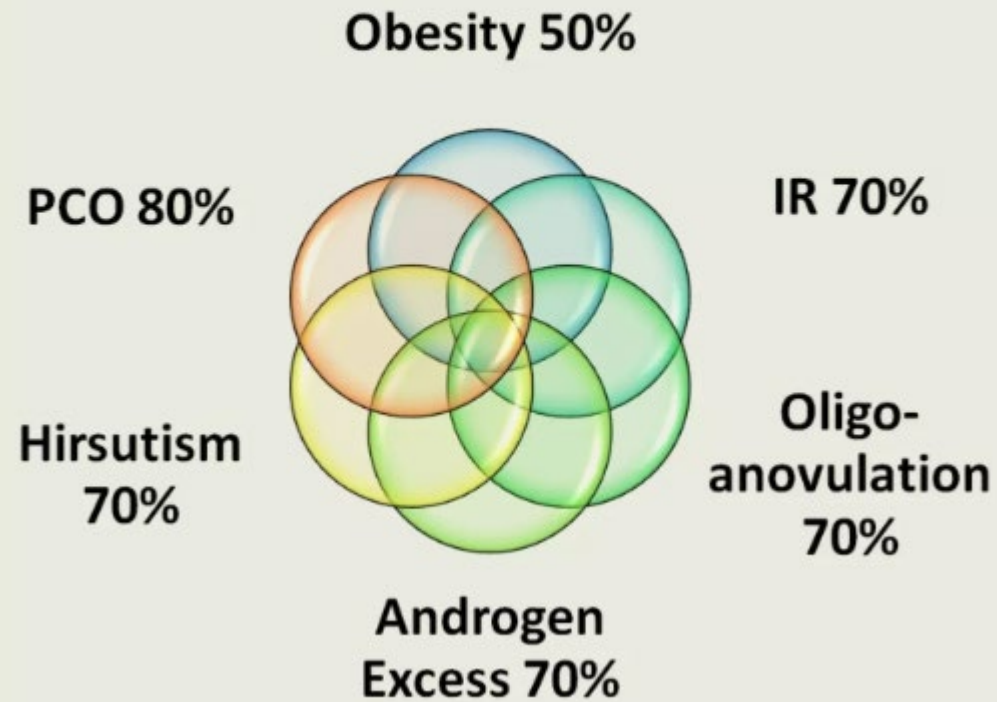
- Understand PCOS
- Understand risk factors/comorbidities
- Manage basic goal specific treatment

WHAT IS IT?

- PCOS is a SYNDROME (collection of symptoms) and it is not all about the ovaries!
- Not well understood and can be challenging to diagnose due to variety of manifestations that often change with age.
- There is thought to be many intrinsic factors but heredity and ethnicity have also been linked.
- It is the most common cause of hirsutism, irregular menses, and infertility in women.

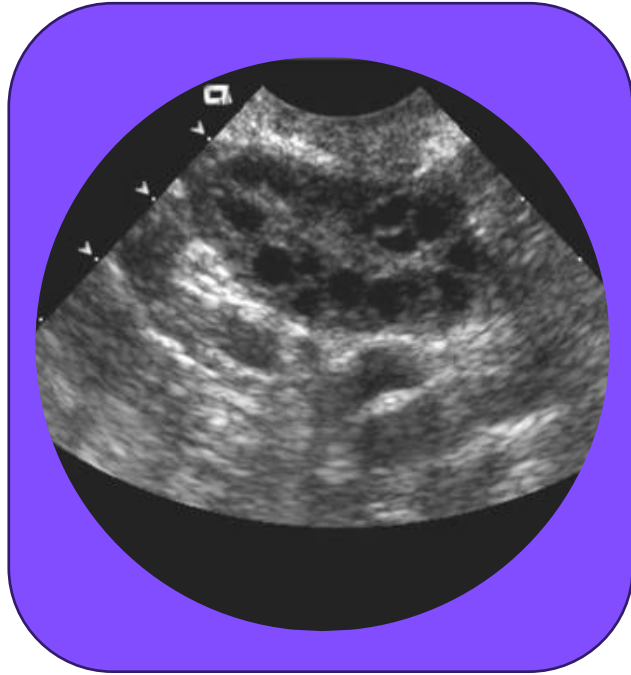
CLINICAL PRESENTATION

PCOS: Clinical Presentation Signs and Symptoms



HORMONAL FACTORS:

- Higher luteinizing hormone compared to follicle stimulating hormone can cause cycle irregularities
- Defect in insulin action/secretion leads to obesity and diabetes risk
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- Elevated testosterone and antimullarian hormone leads to abnormal hair growth/loss patterns and acne



DIAGNOSIS

Rotterdam Criteria is most widely used and must include 2 of the 3 criteria to confirm diagnosis:

1. Signs of hyperandrogenism (clinical or lab finding)
2. Menstrual irregularities (most commonly oligomenorrhea or amenorrhea)
3. Polycystic ovaries on ultrasound (enlarged ovaries with multiple follicles. Often documented as “string of Pearls” appearance)

Basic workup:

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-FSH, LH, & ESTRADIOL (RULE OUT PREMATURE OVARIAN FAILURE)

-FREE TESTOSTERONE

-PROLACTIN AND TSH (RULE OUT HYPOTHYROIDISM / HYPERPROLACTINEMIA)

-PROGESTERONE (LUTEAL PHASE IS BEST)

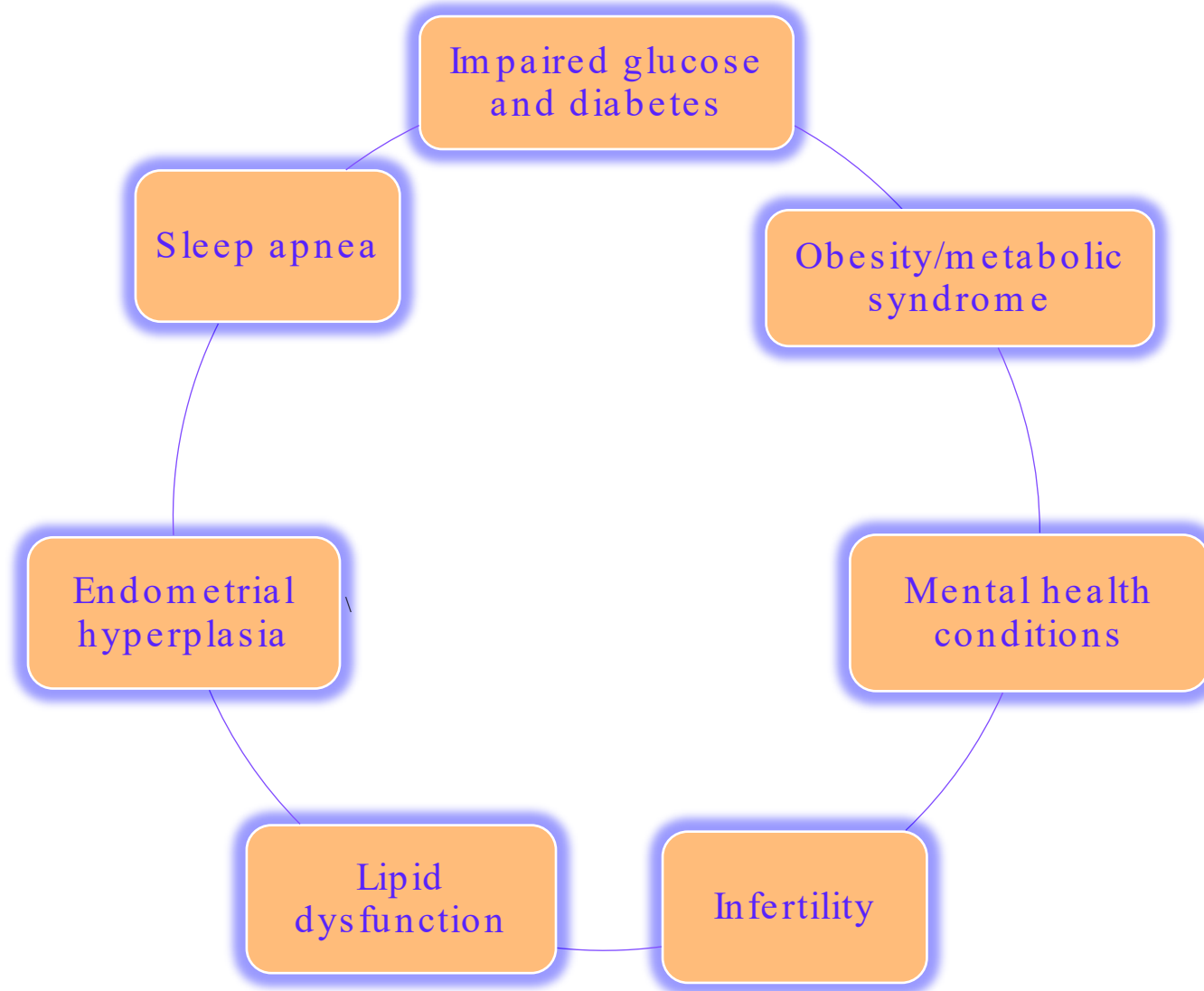
-PELVIC ULTRASOUND (TRANSVAGINAL IS BEST)

Comorbidities

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GOAL SPECIFIC AND INDIVIDUALIZED TREATMENT

1

- Screen and manage comorbidities

2

- Control Symptoms

3

- Aid with fertility if desired

MANAGEMENT:

- Lifestyle with diet, exercise, weight management
- Statins for hyperlipidemia unless planning pregnancy
- Metformin for impaired glucose (can promote cycle regulation as well)
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- Prevent hyperplasia and promote cycle regulation with progesterone or contraception
- Fertility medications to promote ovulation
- Spironolactone or OCP's for acne and hirsutism
- Address mental health and treat as needed

REFERENCES:

-Up to Date

-AGOG: American college of OB/GYN

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- Scan QR Code or click on the link below-

- iPhone: use camera to take you to the site
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- Contact carla.griffin@centracare.com with questions or for a CME transcript.