



Oral Presentation



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The impact of menstrual disorders on quality of life in women with polycystic ovary syndrome

Mahnaz Bahri Khomami ¹, Fahimeh Ramezani Tehrani^{*2}, Fereidoun Azizi³

1- Researcher, Reproductive Endocrinology Research Center, Research Institute for Endocrine Sciences, Faculty of Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran. Postal Code: 1985717413; Email address: bahrymahnaz@yahoo.com

2- Professor, Head of Reproductive Endocrinology Research Center, Research Institute for Endocrine Sciences, Faculty of Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran. Postal Code: 1985717413; Email address: ramezani@endocrine.ac.ir , framezan@ post.harvard.edu

3-Professor, Endocrine Research Center, Research Institute for endocrine sciences, Faculty of Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran. Postal Code: 1985717413 ; Email address: azizi@endocrine.ac.ir

Introduction- Menstrual disorders are a common group of gynecological condition that has substantial impact on the lives of many women and can be a cause of inconvenience to many women and have a major influence on women's quality of life, academic achievements and employment. They are also one diagnostic criteria of polycystic ovary syndrome (PCOS) which is reported to be associated with lower on health related severity quality of life score. Then we aimed to assess the impact of menstrual disorder quality of life in women with PCOS.

Methods- 796women with polycystic ovary syndrome, aged 15-49 years completed the study procedure. A reliable validated Persian version of the health related quality of life questionnaire (HRQoL) for polycystic ovary syndrome patients (PCOSQ) was filled for each participant. They were subdivided into 4 groups according to the severity of their menstrual disorders: normal, mild, moderate and severe. Using ANCOVA the association between menstrual disorder severity and health related quality of life in women with PCOS was assessed.

Results- Among the whole study population 177 (22.2%) women had normal menstrual cycles while 9 (1.1%), 15 (1.9%) and 588 (74.7%) ones had mild, moderate and severe menstrual disorders, respectively. Although women with menstrual disorders had poorer HRQoL, after adjustment for age, body mass index and other perceived PCOS symptoms, those with severe menstrual disorders had significantly lower HRQoL compared to their normal counterparts.

Discussion- This study showed that only severe menstrual disorders lead to poorer quality of life among Iranian PCOS women. Specialists must determine which and to what extent each symptom of PCOS to how PCOS affects an individual woman. affects patients' quality of life and try to treat them according