

Poster Presentation

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Metabolic syndrome in patients with polycystic ovary syndrome in Iran

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Abstract:

Background: The prevalence of metabolic syndrome (MetS) in polycystic ovary syndrome (PCOS) has been studied in different populations; but the results of them were controversial in Iran.

Objective: This study aimed to survey the clinical and laboratory characteristics and metabolic features of patients with PCOS.

Materials &Methods: This prospective cross sectional study was conducted on 215 women with PCOS women . The diagnosis of PCOS and MetS were based on the 2003 Rotterdam criteria and The Adult Treatment Panel III (ATP111) criteria respectively. Demographic variables, fertility characteristics, family history and laboratory findings were assessed.

Results: The prevalence of MetS in women with PCOS was 28.8%. Within the all PCOS women, the waist circumference exceeded 88 cm in 72.6%, hypertension was prevalent in 9.3%, fasting blood sugar was 110 mg/dl or greater in 6%, triglycerides were 150 mg/dl or greater in 47% and HDL was less than 50 mg/dl in 86%. WC, systolic blood pressure, diastolic blood pressure, BMI, ovarian size, Tg, Cholesterol, FBS, 2h Blood Sugar, AST, ALT were significantly greater in PCOS women with MetS than women without MetS. Also HDL and luteinizing hormone in women with MetS were significantly lower than women without MetS.

Conclusion: Prevalence of MetS in PCOS women was 28.8% that was higher than other studies conducted on PCOS and other studies conducted on general population in Iran. PCOS women are high risk population for MetS. Having special strategies for prevention of MetS and its complication in PCOS women is needed.