



دانشگاه علوم پزشکی شهید بهشتی

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## Investigation of the life-styles and dietary patterns in obese and overweight women with and without PCOS (polycystic ovary syndrome)

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### ABSTRACT

**Objective:** Polycystic ovary syndrome (PCOS) is one of the most common endocrine disorders in women of childbearing ages. The aim of this study was to determine the extent of physical activity and dietary patterns in patients with and without PCOS and their differences in a sample of young overweight and obese women.

**Material & Methods:** This case-control study was performed among sixty six Overweight / obese ( $BMI \geq 25 \text{ Kg/m}^2$ ) women in the childbearing ages. Participants were divided into two groups based on the evidences of polycystic ovary syndrome. A questionnaire was used to determine the time of sitting, watching TV, using the computer and physical activity routines. The 24-hour dietary recall questionnaire was used to determine the dietary habits of respondents. Appropriate statistical methods were used to analyze the data.

**Results:** Compared with women without PCOS, women with PCOS spent more time sedentary ( $P < 0.05$ ) and had lower light and moderate physical activity per day ( $P < 0.05$ ). Participants without PCOS had lower intake of saturated fat and cholesterol (grams per day) and more intake of carbohydrates, unsaturated fatty acids (PUFAs) and fiber (grams per day) when compared to the affected ones.

**Conclusion:** Overweight and obese women without symptoms of PCOS had healthier lifestyles and dietary patterns, compared to the ones in the same age and body mass index who were affected.

**Key words:** lifestyle . dietary pattern . poly cystic ovary . overweight . obesity