

**Metabolic disorders, obesity and fertility in polycystic ovary syndrome (PCOS)**Saber mohammad Ala* - Kamali zahra¹⁴

Introduction: PCOS is one of the most important endocrine disorders and the most common cause of chronic failure in ovulation. The afflicted people are at the serious risk of endometrial and breast cancer, dyslipidemia, hypertension, cardiovascular diseases and diabetes. Premature diagnosis and treatment can prevent long-term complications of this syndrome including type II diabetes and cardiac diseases.

Method: this is a case study.

Findings: abortion, preterm delivery, preeclampsia and diabetes is mostly seen in women afflicted by PCOS. Central obesity and being overweight are among the risk factors and CPR and ESR are higher in afflicted women than in the ones with natural menstrual cycles and androgen levels. In a way that such women are at the risk of coronary diabetes type II. Doing aerobic exercise for 12 weeks has improved some of the variables of physical, hormonal and metabolic size in the afflicted people. Measuring TSH to get rid of possible problems of thyroid is recommended to such patients. Consuming 200 Mg selenium supplement and 5 Mg folate a day for 8 weeks have been useful. However, consuming probiotic supplements cause the decrease of fasting blood pressure, the amount of serum insulin and the resistance against insulin, but it has no effect on the function of beta pancreas cells and CRP. Investigating HbA1C hemoglobin in the people afflicted by PCOS doesn't predict gestational diabetes. Letrozole is a more effective pharmaceutical than baclomephene for inducing ovulation in PCOS patients.

Conclusion: considering the fact that some of the pregnancy complications such as abortion, preterm delivery and preeclampsia is mostly seen in afflicted people, they need more care during their pregnancy. Consuming selenium supplement, folate, biotic and aerobic exercise are recommended to the patients. Investigating ESR and CRP help to predict ischemic and cardiac attacks. Taking letrozole is prescribed for pregnancy.

Key words: metabolic disorders, obesity and PCOS

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