



## The effects of obesity on metabolic , reproductive and psychological outcomes of polycystic ovary syndrome .

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### Background

The polycystic ovarian syndrome (PCOS) is the most common female endocrinopathy, affecting 8 – 12 % of women of reproductive age and 10–35 % of obese women. The review aimed to assess the effects of obesity on the reproductive, metabolic and psychological features of PCOS.

### Methods

Medline, Pubmed and international scientific database were searched articles published between 2000 - 2015 for studies

### Results

Overweight or obese women with PCOS had Increased serum thrombin, CRP, chemerin , total testosterone, free androgen index, hirsutism fasting glucose, fasting insulin, insulin resistance index. And decreased sex hormone-binding globulin (SHBG), and serum Vitamin D Levels. Elevated serum ferritin levels are associated with increased insulin resistance and risk of diabetes in obese women, and insulin resistance are considered as the main factors related to fatty liver disease in PCOS. weight and body image were found to be significant in reducing Quality of Life, and Obesity significantly worsened all metabolic and reproductive outcomes measured when compared to normal weight women with PCOS.

### Conclusion

These results suggest that prevention and treatment of obesity is important for the management of PCOS. Modest weight loss of 5% to 10% of initial body weight has been demonstrated to improve many of the features of PCOS.

### Keywords

polycystic ovary syndrome, obesity , outcomes.