



دانشگاه علوم پزشکی شهید بهشتی

## The role of lifestyle modification in polycystic ovarian syndrome

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### Back ground and objective:

Polycystic ovarian syndrome (PCOS) affect an estimated 10-20% of reproductive age women. It is associated with multiple disorders such as reproductive and metabolic dysfunctions. One of the commonest presenting complains of these women is infertility due to an ovulatory dysfunction and obesity.

The wide range of treatments was described for the infertility of women with PCOS but most of them include drug administration and surgery. Although lifestyle modification can affect this problem, in some condition it is forgotten by health professionals. So we decided to investigate the role of life style modification in the treatment of PCOS.

### Methods and materials:

We have done systematic review to find the role of lifestyle modification in PCOS by related search engines with these keywords: polycystic ovarian syndrome, infertility, life style modification. We have found about 50 articles include clinical trials and review articles in English.

### Result:

Consider to the articles we have found, the treatment of infertility in PCOS has three levels include lifestyle modification specifically weight reduction, the use of drug to induce ovulation such as clomiphene citrate and gonadotrophin stimulation as a second line. In the case of drug failed laparoscopic ovarian surgery may be used for the treatment of infertility and finally assisted reproduction techniques can be used as third line if needed.

### Conclusion:

Lifestyle modification improve the condition of women with PCOS in general health status and fertility rate, weight reduction, healthy diet and regular exercises have been shown to help in women with PCOS. Lifestyle modification is the best initial management for these cases so health professionals should notice this issue. Midwives as a health care provider who visit the patients at the first level and in society should educate lifestyle modification and provide a cultural base in society to reduce prevalence of obesity and its consequences specifically PCOS and infertility problem and finally improve the health status of women.

**Key words:** Infertility, Sexual disorders, Sexual interactions.