

## Review on effective therapeutic management in polycystic ovarian syndrome

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**Background:** Polycystic ovarian syndrome (PCOS) is one of the most popular endocrine disorder that affect 5-10% of reproductive aged women. Women diagnosed with PCOS have experienced significant levels of physical and psychiatric symptoms compared to the general population. Due to negative effect of these symptoms on quality of life in PCOS patients, considering therapeutic actions for these patients is important. So this study was conducted with aim of determining effective therapeutic management in polycystic ovarian syndrome.

**Study Methods:** The present study is a review in which researchers conducted their comprehensive computer search in public databases like Google Scholar and more specifically PubMed, ProQuest, web of science, Science direct, Scopus and SID. The keywords used were polycystic ovarian syndrome, management, therapeutic process, patients. Research articles published from 1983 till 2015 with the relevant topic were selected for the purpose of this study. Overall 52 articles have been searched. Researchers reviewed the summary of all articles searched, 18 articles are excluded due to non-relevance and ultimately, they applied the data from 34 full articles to compile this review.

**Results:** Results regarding therapeutic management of PCOS were categorized in 2 sections. They are include non-pharmacological and pharmacological treatments. Non pharmacological treatments such as mental health approaches (psychological screening for adverse psychosocial effects of PCOS, Cognitive behavioral therapy, online psychological counseling, individual or group therapy, receiving social support, stress management, sex therapy and family therapy), lifestyle changes (appropriate weight-loss strategies and safe diets with low calories, regular exercises). Pharmacological treatment such as cosmetic therapy such as laser treatment for hirsutism, oral contraceptives for regulating menstrual cycle and acne, insulin sensitizers such as metformin for treating underlying insulin resistance, anti-androgens such as spironolactone for managing hyperandrogenism, psychotropic such as antidepressants for psychological problems or psychiatric disorders).

**Conclusion:** Du to chronic nature of this disease and its negative effect on patients life, management of PCOS should be carried out in multistage processes and encompass both physical and psychological domains.

**Key Words:** Polycystic ovarian syndrome, management, therapeutic process, patients