

Current of polycystic ovary syndrome in women in al-muthanna Governorate (Article Review)

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Introduction:

Poly-cystic ovarian syndrome (PCOS) is a Symptom of an imbalance of hormones that can affect reproductive-age women and girls (1, 2) this condition is defined and diagnosed by the presence of androgen excess, ovarian dysfunction, and polycystic ovarian morphology on ultrasound(3).

Case report:

In this study, women aged 18-38 were included, 45 participants were enrolled, and she reported the following symptoms and signs:-

- 1- The reproductive system: infertility, pre-eclampsia (4), miscarriage (5).
- 2- Metabolic disorders: obesity(6), metabolic syndrome, insulin resistance(7), and type 2 diabetes.
- 3- There are several dermatological problems you can have, including acne on your face(8), back, or chest, darkening of your neck, groin, or under your breasts, and excessive hair on your face, chin, chest, fingers, and toes
- 4- Psychological: anxiety, depression, Fatigue and low energy (9, 10, 11, 12).
- 5- The inability to lose weight and excessive weight gain (13).
- 6- Disorders of sleep, such as sleep apnea.
- 7- An amenorrhea or oligomenorrhea without non-classical adrenal hyperplasia is an ovulation disorder or dys-functional uterine bleeding may happen (14).

And after a procedure the following necessary clinical and laboratory tests examinations including:- - Sonography of the pelvis.

- A serum sample was aspirated on cycle day 2 (Follicle-stimulating hormone (FSH), Luteinizing hormone (LH), Testosterone, Estrogen, Anti-Mullerian hormone (AMH), TSH, Prolactin)..

According to these analyses, 80% of women with PCOS and about 20% of women with other medical diseases experience similar symptoms:-

- Hemorrhagic disorders.

- A primary insufficiency of the ovary.
- A condition that causes inflammation in the pelvis.
- Endometriosis.

Clinical intervention:-

- 1- Oral contraceptives: It is useful to use oral contraceptives in women with PCOS who don't want to become pregnant. In addition to establishing regular menstrual cycles, they reduce androgen production by reducing the stimulation of the ovary with gonadotropins (15).
- 2- Anti-androgens: In the United States, the most commonly prescribed antiandrogen is spironolactone. The use of spironolactone significantly reduces sexual hair growth by 40% to 80% (16). a dose of 50 to 100 mg divided twice a day is recommended, though it can be increased to 200 mg
- 3- ovulation induction : In addition to an ovulatory PCOS, clomiphene citrate therapy is considered as the standard first-line treatment. Promotes the development of ovarian follicles by enhancing the secretion of gonadotropins (17,18,19).
- 4- insulin sensitizer: Aside from ovulation induction, metformin can also be used for diabetes treatment, The effects can be enhanced by a combination of letrozole and clomiphene citrate, either alone or in combination with each(20).
- 5- Treatment with pharmaceuticals and surgery to lose weight (21,22) or For morbid obesity, bariatric surgery is sometimes recommended (23)
- 6- A laparoscopic ovarian drill was used for surgical intervention.
- 7- Treatment of Hirsutism and Acne Only directly recommended H&A treatments, indirectly recommended these treatments, Eflornithine topical and photo epilation should be the first lines of treatment (24, 25).

After following up the patients during the monthly visit to the patient, there are twenty women who have recovered.

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