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Update on management of adolescent polycystic ovary syndrome

Adolescent PCOS affects a substantial number of girls with increasing incidence. It may have a progressive course with the potential to develop full-blown picture of adult PCOS. Adolescents with PCOS are at an increased risk for developing other disorders, such as adulthood infertility, obstructive sleep apnea, diabetes mellitus, metabolic syndrome, and psychiatric morbidities. Thus, an early diagnosis of PCOS in adolescents may allow for screening of metabolic complications and timely intervention to reduce circulating androgen levels and may improve health consequences and quality of life of women with this disorder. The diagnostic criteria for adolescent PCOS are controversial, primarily because the diagnostic pathological features used in adult women may be normal pubertal physiological events. It is unclear whether the adult criteria for the diagnosis of PCOS may be adapted for diagnosis. Hyperandrogenemia is often the most reliable finding in this age group, and it may be prudent to define adolescent PCOS according to the AE-PCOS Society criteria. Therapeutic goals of adolescent PCOS are symptomatic and prophylactic: restoration of body weight, cycle regulation, reducing signs of hyperandrogenism and prevention of long term health hazards.

The choice of the proper line of therapy should be tailored for every patient, according to age, stage in life, symptoms, personal and familial risk indices and choices of the patient. Weight loss in obese adolescents with PCOS improves menstrual regularity, acanthosis nigricans, and hyperandrogenemia. Combined oral contraceptives (COCs) are first line treatment for adolescents who suffer the menstrual and cutaneous symptoms of PCOS. Metformin improves ovulation in about half of cases and modestly reduce androgen levels and not as effective as COCs in controlling menstrual cyclicity or hirsutism.

Speaker Biography

Aboubakr Elnashar is a Professor of Ob/Gyn, Benha Faculty of Medicine, Egypt and Chief of early detection of cancer unit, Benha University Hospital, Egypt. He is also a Consultant of IVF & ICSI in Delta Fertility Center & Benha Fertility Center, Egypt. He has a practical experience on Ultrasonography, Laparoscopy, Colposcopy, Cytology, Hysteroscopy, Assisted reproductive technology (IVF & ICSI). He has done many publications and presentations in national & international journals and international scientific meetings. He is a member in Egyptian Society of Obstetrics & Gynecology & Egyptian Society of colposcopy and Secretary General of the clinical Society of Obstetricians & Gynecologists. He is also a President of the clinical Society of Obstetricians & Gynecologists and Assistant secretary general of the Egyptian Society of Fertility & Sterility.

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