

3rd International Conference on

GYNECOLOGY AND OBSTETRICS

June 21 – 22 , 2019 | Osaka, Japan

A review of the upcoming trends of PCOS amongst the lean adolescent population

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The aim of this review is to analyze the magnitude of problem of PCOS in the lean population of the adolescents which often goes unrecognised as the general conception of PCOS is centred around its prevalence among the obese and overweight. But contrary to the common perception, lean PCOS are a unique group with different phenotypic, metabolic,

haematologic and neurologic characteristics than the obese counterparts. Additionally they need thorough evaluation of their nutritional status and suitable adjustments in calorie intake and dietary supplementation to combat the risk of hypoglycemia in these individuals.

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