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Strong association of polycystic ovarian syndrome with vitamin D3 deficiency in reproductive age group

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Introduction: Polycystic ovarian syndrome (PCOS) is a common endocrine disorder among women in the reproductive age group. It is characterized by the following: ovulatory dysfunction resulting in oligo-amenorrhea and/or anovulation, hyperandrogenism and/or hirsutism and the presence of polycystic ovarian morphology by ultrasound. Vitamin D plays a physiologic role in reproduction including ovarian follicular development and luteinization via altering anti-müllerian hormone (AMH) signaling, follicle-stimulating hormone sensitivity and progesterone production in human granulosa cells.

Objective: To see the vitamin D deficiency level and its effect in PCO patients among the reproductive age group.

Method: This prospective study was conducted on 350 patients of PCOS who are already diagnosed at the department of obstetrics and gynecology at Z H Sikder Women's Medical College and Hospital, Bangladesh

Biography

Naima Sharmin Hoque has completed her MBBS at the age of 23 years from Comilla Medical College under CHITTAGONG University and FCPS from Bangladesh College of Physicians and Surgeons (BCPS). She is also a fellow of gynae endoscopic surgery (India) and fellow of Indian academy of obstetrics and gynecology (FIAOG). She has published total 6 papers in reputed journals.

from 2017-2018. The diagnosis of PCOS was made by Rotterdam 2003 criteria. A detailed assessment was done and performed proforma was filled. Serum vitamin D3 was estimated by standard lab technique 'Liquid Chromatography-Tandem Mass Spectrometry' and categorized into vitamin D3 sufficient: >30ng/dl, insufficient: 20-29ng/dl and deficient: <20ng/dl group. Data analysis was done by SPSS.

Result: Various parameters associated with PCOS like waist-hip ratio, obesity, AN of neck and hirsutism score showed positive significant correlation with vitamin D3 deficiency. Among 350 patients 60% of patients have suffered from vitamin D3 deficiency, insufficiency was found in 31.43% cases.

Conclusion: Screening and correction of vitamin D3 deficiency may prevent PCOS and its manifestations. Each and Every patient of PCOS should be screened by measuring the level of serum vitamin D3.

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