

New Concepts in PCOS



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The diagnosis of polycystic ovary syndrome (PCOS) requires at least two of the following: oligo- or anovulation (oligomenorrhea); hyperandrogenemia or hyperandrogenism (acne, hirsutism); polycystic ovaries on ultrasound. Other causes of irregular cycles should be ruled out. In patients with heavy and

prolonged periods, or intermenstrual bleeding, an endometrial biopsy should be performed prior to ovulation induction. This presentation will: focus on the diagnostic criteria and differential diagnosis for PCOS; discuss the role of environmental and genetic factors in the pathogenesis of PCOS; review the risk of DM, CVD, and other metabolic consequences of PCOS; and, review therapeutic options for the management of PCOS.