

# Impact of PCOS



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The diagnosis of polycystic ovary syndrome is based on any two of the following: 1. PCO ovaries on ultrasound, i.e., 12 or more antral follicles in one or both ovaries or an ovarian volume of 10 cubic cm or more; 2. irregular cycles; 3. clinical or laboratory evidence of high

androgens. 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. Ovulation induction with aromatase inhibitors (letrozole) results in higher pregnancy and livebirth rates than does clomiphene citrate. Metformin may reduce the elevated miscarriage risk seen in PCO. In women with PCO undergoing IVF, metformin has been shown to reduce the chance of ovarian hyperstimulation syndrome.