



## P20. CLINICAL SIGNS AND HORMONAL CHANGES IN WOMAN WITH PCOS

Kasilovska P (LT) [1]

PATRICIJA KASILOVSKA (LT)

GRAZINA STANISLAVA DRASUTIENE (LT) VILNIUS UNIVERSITY Santara Clinics

Context: Polycystic ovarian syndrome (PCOS), presenting with various clinical features such as menstrual abnormalities, hyperandrogenism, infertility, obesity and metabolic syndrome, is the most common endocrinal disorder

Objective: To evaluate the clinical signs and hormone changes in women with PCOS.

Material and methods: N 30 women were followed in the Out patient department of Santara Clinics in Vilnius from 2014-2015 Only women with signs of PCOS such as menstrual or metabolic disorders were followed. Hirsutism was graded using the Ferriman-Gallwey method. Women were examined anthropological, transvaginal ultrasound performed after menstruation, blood was taken for biochemical analysis. Serum level of hormones was determined by ELISA with IMMULITE 2000(OPC Cirrus Inc. NI, USA) Statistical analysis was performed using SPSS. Statistical differences between patients groups were calculated using T-tests in different groups.

Results: The women ranged from 17-32 years(average 25; 95 % CI 22-26). Average BMI was 23.81(95% CI 21.43-25.93). The most significant changes among examined hormones were androstendion, testosterone, LH/FSH and 17-OH. 83% women had more than 7 points of hirsutism. 86.7% of subjects had PCOS( $p<0.05$ ), 3.3% had adrenal hyperplasia ( $p<0.05$ ) and 40% had hyperprolactinemia( $p<0.05$ )

Conclusions: Our findings support that PCOS is strongly associated with hyperandrogenism, however higher adrenal hormone level is not a hormone specific feature of PCOS, but rather is a marker of hirsutism and metabolic disorders in patients with hyperandrogenism. Hyperprolactinemia does not appear to be a specific sign of hyperandrogenism and should be differentiated from other causes of this disorders.

[1] VILNIUS UNIVERSITY

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