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Association Between insulin Resistance And Metabolic Syndrome In Women With Polycystic Ovary Syndrome

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Background

As emerging epidemics of Type 2 DM and obesity are growing all over the world, earlier detection of insulin resistance becomes preventive strategy.One condition commonly detected among young obese women with increased risk of diabetes is polycystic ovary syndrome. Interestingly, features of metabolic syndrome, insulin resistance, obesity and dyslipidaemia are also present in Polycystic Ovary Syndrome.

Objective

Aim of the study was to find out the association between insulin resistance and metabolic syndrome in women with PCOS.

Methods

Study was cross sectional Yangon General hospital based analytical study carried out between January 2012 to March 2013 .PCOS cases were referred from fetility centre and obstetric unit to endocrinology department . 67 PCOS cases diagnosed by Rotterdam 2003 consensus criteria were included in the study. Demographic characteristics were noted and tested for fasting insulin, fasting blood sugar and fasting lipid profile to assess Insulin resistance and Metabolic syndrome. Insulin resistance was measured by HOMA IR and Metabolic syndrome was assessed by (AHA/NHLBI 2005) criteria.

Results

Insulin resistance(IR) was found in 40 cases (59.7%) and Metabolic syndrome (Met S) was present in 33 cases (49.25%).Major risk factors of Met S like raised BMI, central obesity, high blood pressure, high fasting blood sugar and raised triglycerides, were significantly different between PCOS with and without Metabolic syndrome.When looking into association of risks and Insulin resistance ,high fasting insulin, high triglycerides and waist circumference were strongly associated .

Conclusion

There was significant association between IR and Met S among PCOS women in this study.