AEPCOS QUARTERLY PUBLICATION LIST

JANUARY—MARCH 2014

The new AEPCOS Publication Committee chaired by Kathleen Hoeger (Rochester, USA) and formed also by Franca Fruzzetti (Pisa, Italy) and Carlos Moran (Mexico City, Mexico) has prepared the new AEPCOS Quarterly Publication list. The publication list restarts from January-March 2014 papers and will be published regularly at the end of the following month (next issue at the end of July 2014)

As in past, the published papers have been grouped according their main focus. In addition, the Committee has selected three papers from this list that seemed particularly interesting and worthy to be commented.

Kauai, Kalapaki Beach

AEPCOS QUARTERLY PUBLICATION LIST

HIGHLIGHTED PAPERS

- **Barry JA, Azizia MM, Hardiman PJ. Risk of endometrial, ovarian and breast cancer in women with polycystic ovary syndrome: a systematic review and meta-analysis. Hum Reprod Update. 2014 Mar 30. [Epub ahead of print]**

- **Cai X, Liu C, Mou S. Association between fat mass- and obesity-associated (FTO) gene polymorphism and polycystic ovary syndrome: a meta-analysis. PLoS One. 2014 Jan 22;9 (1):e86972.**

- **Christ JP, Willis AD, Brooks ED, Vanden Brink H, Jarrett BY, Pierson RA, Chizen DR, Lujan ME. Follicle number, not assessments of the ovarian stroma, represents the best ultrasonographic marker of polycystic ovary syndrome. Fertil Steril. 2014 Jan;101(1):280-287.**

Kauai Marriott Beach and Resort at Kalapaki Beach

AEPCOS QUARTERLY PUBLICATION LIST

HIGHLIGHTED PAPERS

- **Barry JA, Azizia MM, Hardiman PJ. Risk of endometrial, ovarian and breast cancer in women with polycystic ovary syndrome: a systematic review and meta-analysis. Hum Reprod Update. 2014 Mar 30. [Epub ahead of print]**

There is some controversy over the risk of cancer with a diagnosis of PCOS. This study attempts to quantify cancer risk, specifically ovarian, endometrial and breast cancer, in women with PCOS compared to controls. They also separately quantified the risk in women who were premenopausal and by age. The authors completed a systematic review and meta-analysis. They found that women with PCOS were at a significantly increased risk for endometrial cancer with an odds ratio (OR) of 2.79, 95% confidence interval (CI) of 1.31-5.95, $p<0.008$. However in the general pool of studies there was no increased risk of either breast or ovarian cancer seen (OR 1.41, 95%CI 0.93-2.15; OR 0.95, 95%CI 0.64-1.39). The authors then analysed the studies including only women under the age of 54. The risk of endometrial cancer increased in PCOS women to OR4.05, 95%CI 2.42-6.76, $p<00001$; and became significantly increased for ovarian cancer, OR 2.52, 95%CI 1.08-5.89, $p<0.03$. Breast cancer in both analyses was not significantly increased. These data suggest that women with PCOS are at increased risk for endometrial cancer at younger ages, as well as overall, and may be more at risk for ovarian cancer at younger ages but not overall. The available data however are not robust and include several varying diagnoses of PCOS. In addition there are difficulties with confounders, such as obesity, that may result in biases in the studies which may exaggerate the increased risk. Overall the general risk of gynecologic cancers is relatively low, particularly in younger ages so absolute risk remains low (KH).

Photo Caption

AEPCOS QUARTERLY PUBLICATION LIST

HIGHLIGHTED PAPERS

Cai X, Liu C, Mou S. Association between fat mass- and obesity-associated (FTO) gene polymorphism and polycystic ovary syndrome: a meta-analysis. PLoS One. 2014 Jan 22;9(1):e86972.

The topic of this study is important to analyze in view of the fact that more than 50% of polycystic ovary syndrome (PCOS) patients are overweight or obese. Given the high prevalence of obesity in PCOS, the hypothesis is that PCOS and obesity may share a similar genetic background.

Some studies reported that the fat mass and obese (FTO) gene is associated with PCOS risk, while others did not show any significant association.
The present study deals with the relationship between the polymorphism of FTO gene and the risk to present PCOS. The FTO gene is located in 16q12.2 chromosome and it is expressed in adipose tissue, brain and muscles. The FTO gene is associated with body mass index (BMI) and obesity.
The authors performed a meta-analysis taking into account the literature published in different databases. Only five studies (4778 cases and 4272 controls) were included from 38 selected initially.
The results found that the FTO gene polymorphism was only marginally associated with PCOS risk after adjusting for BMI; however, it was not stable since in the analysis of ethnicity the association was significant in East Asians but not in Caucasians. One important limitation is that underlying genetics may be different in the different phenotypes of PCOS. The reported studies did not provide data concerning different phenotypes of PCOS.

The conclusion of the meta-analysis is that the FTO gene polymorphism is not associated with PCOS risk after adjustment for BMI in all populations. However, in the East Asian population there is an association with PCOS risk independent of BMI. So, the controversy about this topic continues. (CM)

AEPCOS QUARTERLY PUBLICATION LIST

HIGHLIGHTED PAPERS

Christ JP, Willis AD, Brooks ED, Vanden Brink H, Jarrett BY, Pierson RA, Chizen DR, Lujan ME. Follicle number, not assessments of the ovarian stroma, represents the best ultrasonographic marker of polycystic ovary syndrome. Fertil Steril. 2014 Jan;101(1): 280-287.

The significance of ovarian morphology to PCOS diagnosis continued to be matter of debate. The diagnostic criteria proposed by the American Society of Reproductive Medicine and European Society of Human Reproduction and Embryology in 2003, as well as by the Androgen Excess and PCOS Society in 2006, included the quantitative measures of follicle number per ovary (FNPO) and ovarian volume (OV) as diagnostic criteria for PCOS. Increased FNPO and OV continue to be favored vs. other morphological characteristics of PCO (for example the measurement of the stromal-to-total area ratio (S:A) as proposed by Fulghesu and colleagues) . Multiple reports have indicated that the threshold for FNPO supported by the ASRM/ESHRE Rotterdam consensus (≥12 follicles) has contributed to an increased prevalence of PCO among healthy women of reproductive age. In addition, significant intra-observer and inter-observer variability exists when counting follicles throughout the entire ovary. Another critical point is that there is also no uniform consensus on whether follicles should be counted throughout the entire ovary or in a single cross-sectional view of the ovary. In this study the authors compare, in 82 women with PCOS and in 60 healthy female volunteers, the diagnostic potential of ultrasonographic markers of ovarian morphology, used alone or in combination, to predict PCOS. The ultrasonografic markers considered were: FNPO, OV, follicle number per single cross -section (FNPS), follicle distribution pattern, stromal area, ovarian area, S:A, and stromal index (SI). The Authors observed that FNPO best predicted PCOS (R^2 = 67%) with 85% sensitivity and 98% specificity, followed by OV (R^2 = 44%), and FNPS (R^2 = 36%). Neither S:A nor SI had predictive power for PCOS. In combination, FNPO+S:A and FNPO+SI most significantly predicted PCOS (R^2 = 74% vs. 73%, respectively). The diagnostic potentials of OV and FNPS were substantially improved when used in combination (OV+FNPO, R^2 = 55%). On the basis of the above results the Authors concluded that FNPO best predicted PCOS. Although the addition of S:A or SI improved the predictive power of FNPO, gains were marginal, suggesting limited use in clinical practice. When image quality precludes a reliable estimation of FNPO, measurements of OV+FNPS provide the next closest level of diagnostic potential (FF).

AEPCOS QUARTERLY PUBLICATION LIST

CONGENITAL ADRENAL HYPERPLASIA/ STEROIDOGENESIS

- de Silva KS, de Zoysa P, Dilanka WM, Dissanayake BS. Psychological impact on parents of children with congenital adrenal hyperplasia: a study from Sri Lanka. J Pediatr Endocrinol Metab. 2014 Jan 27:1-4.
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AEPCOS QUARTERLY PUBLICATION LIST

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PCOS: ADOLESCENCE

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One of the many Kauai beaches

AEPCOS QUARTERLY PUBLICATION LIST

PCOS: DERMATOLOGY

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PCOS: ENDOCRINE DISRUPTER

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Kauai, falls along Na Pali Coast trail

AEPCOS QUARTERLY PUBLICATION LIST

PCOS: ETIOLOGY AND ANIMAL MODELS

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AEPCOS QUARTERLY PUBLICATION LIST

PCOS: GENETICS

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AEPCOS QUARTERLY PUBLICATION LIST

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Kauai, Waimea Canyon

AEPCOS QUARTERLY PUBLICATION LIST

PCOS: IMMUNOLOGY

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PCOS: AFTER THE MENOPAUSE

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PCOS: METABOLIC DYSFUNCTION/ CARDIOVASCULAR DISEASE

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AEPCOS QUARTERLY PUBLICATION LIST

- Aye MM, Kilpatrick ES, Afolabi P, Wootton SA, Rigby AS, Coady AM, Sandeman DD, Atkin SL. Postprandial effects of long-term niacin/laropiprant use on glucose and lipid metabolism and on cardiovascular risk in patients with polycystic ovary syndrome Diabetes Obes Metab. 2014 Jun;16(6):545-52.
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