

JULY NEWSLETTER: FOCUS ON EFFECT OF OBESITY ON PCOS

The July newsletter is dedicated to the effect of obesity on PCOS.

Joop Laven, Professor in Reproductive Medicine, Head of the Division of Reproductive Medicine, Erasmus Medical College, Rotterdam, The Netherlands and member of the editorial board, has interviewed Lisa Moran, National Heart Foundation Research Fellow at the Robinson Institute, Discipline of Obstetrics and Gynaecology, The University of Adelaide, Australia.

Lisa is member of AEPCOS Society from 2005 and has recently published a paper in Obesity Reviews (2013 February; 14: 95-109) on this issue. The first author of the paper is Dr. S.S. Lim.

Because the treated issues are often controversial, we encourage comments from our members and will publish these in future newsletters. If you wish, you may send a letter to: enrico.carmina@ae-society.org

The updated preliminary program of 11th Annual Meeting of AEPCOS Society is reported with some specific information about transportation to Newport. Some information about next AEPCOS Update meeting in Brazil and a picture from first AEPCOS meeting in Philadelphia, USA (2003) are presented, too.

VOLUME 1, ISSUE 7

JULY 31, 2013

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Editorial Board

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FORTHCOMING AEPCOS MEETINGS

- Update on PCOS, Natal, Brazil, August 20-21, 2013
- Update on PCOS, Quito, Ecuador, September 25, 2013
- **11th Annual Meeting of Androgen Excess & PCOS Society, Newport, Rhode Island, USA, October 17-18, 2013**

ANNUAL MEETING OF AEPCOS SOCIETY

Newport, Rhode Island, USA,



11th Annual Meeting of AEPCOS Society will be held at the HYATT REGENCY RESORT HOTEL, 1 Goat Island, Newport, Rhode Island 02840, USA, October 17-18, 2013. The meeting will start October 17 at 4 PM to permit to people attending IFFS/ASRM meeting in Boston (that meeting is scheduled to finish October 17, at 1 PM) to can participate to AEPCOS meeting sessions. Newport is located 72 miles from Boston Convention Center (about 1 hour and 20 minutes by MA-24S). Transportation from Boston Convention Center to Newport Hyatt Regency Resort will be provided (bus leaving at 1:30 PM) but has to be reserved at least 15 days before.

The venue of 11th AEPCOS Annual meeting, Hyatt Regency Resort Hotel, is situated on Goat Island. Surrounded by Narragansett Bay, the hotel offers the seclusion of a private island, just minutes to downtown Newport. The resort provides water shuttle (and van shuttle) to/from downtown Newport. A block of rooms at very competitive prices has been reserved for people attending the meeting. To get these special prices, rooms should be booked by AEPCOS office before September 16, 2013.

Abstract deadline is August 2, 2013. For abstract form, registration or hotel booking please connect to: www.ae-society.org or contact: info@ae-society.org

ANNUAL MEETING PRELIMINARY PROGRAM

DAILY SCHEDULE

THURSDAY, OCTOBER 17

AFTERNOON

4:00—4:15 pm **WELCOME**

4:15—5:15 pm **AEPPOS GUIDELINES FOR HIRSUTISM**

Diagnosis of hirsutism: what is there new?

Hector Escobar-Morreale—Madrid, Spain

Treatment of hirsutism: what is there new?

Paolo Moghetti - Verona, Italy

5:15—6:30 pm **AEPPOS-AACE JOINT SESSION:
CLINICAL PROBLEMS IN ANDROGEN EXCESS DISORDERS**

Utility of AMH evaluation in Androgen Excess Disorders

Neil Goodman—Miami, USA

Special problems in treatment of diabetic PCOS women

Jennifer Glueck - Miami, USA

Diagnosis and Treatment of Female Androgenic Hair Loss
in PCOS and its frequent association with telogen
effluvium

Walter Futterweit —New York, USA

7:00-9:00 pm **WELCOME RECEPTION**

FRIDAY, OCTOBER 18

MORNING

8:00—9:20 am **OBESITY and PCOS**

Mouse model: Maternal obesity results in obese offspring

Rebecca Simons—Philadelphia, USA

Animal models of obesity and PCOS

David Abbott—Madison, USA

Nutritional influences and metabolic outcome in offspring

Mari Elizabeth Patti—Boston, USA

9:20—9:50 am **PRESIDENTIAL LECTURE**

Improving randomized clinical trials in infertility

Richard Legro—Hershey, USA

9:50—10:20 am **COFFEE BREAK**

10:20—11:40 am **CONTROVERSIES IN TREATMENT OF
INFERTILITY IN PCOS**

Clomiphene versus low dose FSH as first line treatment

Roy Homburg—Tel Aviv, Israel

Ovarian function after gastric bypass surgery

Samantha Butts—Philadelphia, USA

Do women with PCOS have an extended ovarian window?

Anuja Dokras—Philadelphia, USA

ANNUAL MEETING PRELIMINARY PROGRAM

DAILY SCHEDULE

FRIDAY, OCTOBER 18

11:40 am—1:00 pm **ORAL COMMUNICATIONS: BASIC**

1:00—2:00 pm **LUNCH and POSTER SESSION**

2:00—3:20 pm **LONG TERM CO-MORBIDITIES IN PCOS**

Chronic inflammation and CVD diseases

Nehal Mehta—Bethesda, USA

Subclinical atherosclerosis and PCOS— Is there a cardiovascular risk paradox in PCOS?

Alice Chang—Rochester, USA

Influence of aging on CVD risk in PCOS

Enrico Carmina—Palermo, ITALY

3:20—3:50 pm **KEYNOTE LECTURE**

Genetic analyses of PCOS – the good, the bad and the ugly

Andrea Dunaif - Chicago, USA

FRIDAY, OCTOBER 18

3:50—4:10 pm **COFFEE BREAK**

4:10—5:10 pm **ORAL COMMUNICATIONS: CLINICAL**

5:10—5:40 pm **AEPCOS GUIDELINES FOR PCO MORPHOLOGY**

New thresholds in follicle count and ovarian size for defining Polycystic Ovaries

Marla Lujan— Ithaca, USA

5:40—6:10 pm **CLINICAL RESEARCH IN PCOS: REPORTS FROM RINDIAN AEPCOS RESEARCH GROUP**

Duru Shah— Mumbai, India

Ashraf Ganie—New Delhi, India

6:10—6:20 pm **PRESENTATION OF NEW AEPCOS PRESIDENT**

6:20—6:45 pm **BUSINESS MEETING**

Enrico Carmina—Palermo, Italy

REGISTRATION FORM

11TH AEPCOS ANNUAL MEETING

REGISTRATION ONLY

_____ AEPCOS members \$260 _____ Non AEPCOS members \$360

NEWPORT HYATT REGENCY RESORT

\$219 for night ____ October 16 ____ October 17 ____ October 18

Payment amount: \$_____ Credit card payment: ____ VISA ____ MasterCard ____ AMEX

Credit card number _____ Expiration date: ____/____

Cardholder
name _____

Online payment _____ To safely pay online, connect to: www.ae-society.org

Check payment _____ Make checks payable to Androgen Excess Society

Email, mail or fax the registration form to: Androgen Excess & PCOS Society, via delle Croci 47, 1st floor, suite 10, 90139 Palermo, Italy. Fax: +39-091328997, Email: info@ae-society.org

Only written cancellation by fax or e-mail will be accepted. For cancellations until September 1, 2013, a 50% fee will be applied. No refund will be given after that date. Registration includes welcome reception, lunch (Oct 17) 2 coffee breaks. Hotel prices include \$20 Resort Fee (parking, in room high-speed internet, water shuttle or van shuttle to/from Downtown Newport, resort activities, access to fitness center, 2 bottled waters for night) but do not include 13% combined city and state occupancy taxes.

The certificate will be issued to the name of the accredited participant.

To get registration form in word, please contact: info@ae-society.org

ABSTRACT SUBMISSION FOR 11TH AEPCOS ANNUAL MEETING

You are invited to submit abstracts of your original research to be considered for presentation at the 11th Annual Meeting of the Androgen Excess & Polycystic Ovary Syndrome Society.

To be considered for presentation your abstract must be submitted no later than August 2nd, 2013, 11:00 pm (2300 hrs) PST. All abstracts must be submitted by email in word to: info@ae-society.org. The presenter is required to register for 11th Annual Meeting of the AE-PCOS Society on submission of the abstract

The Baumgartner-Azziz AE-PCOS fund will award 2 Travel Awards (\$750 each) to the best abstracts presented by young (<35 years) investigators.

All abstracts will be reviewed by a blinded scientific committee nominated by AE-PCOS Annual Meeting Committee.

TRANSPORTATION TO/FROM NEWPORT

BY AIR

T.F. Green Airport - Warwick, RI (26 miles/35 minutes)

Airlines - Serviced by all major domestic airlines

Car Rental Agencies - Serviced by all major car rental companies

Public Transportation - Cozy Cab or RIPTA

Cozy Cab operates scheduled shuttle van service between T F Green Airport and Newport RI, with service every two hours from 7 am to 10 pm, and hourly service on Friday and Sunday. Additional trips run daily at 5 am and 12 midnight. Fare is \$20 per person, one-way. Call 1-401-846-2500 or 1-800-846-1502 for reservations.

BY RAIL

Amtrak Kingston Station - West Kingston, RI (18 miles/30 minutes)

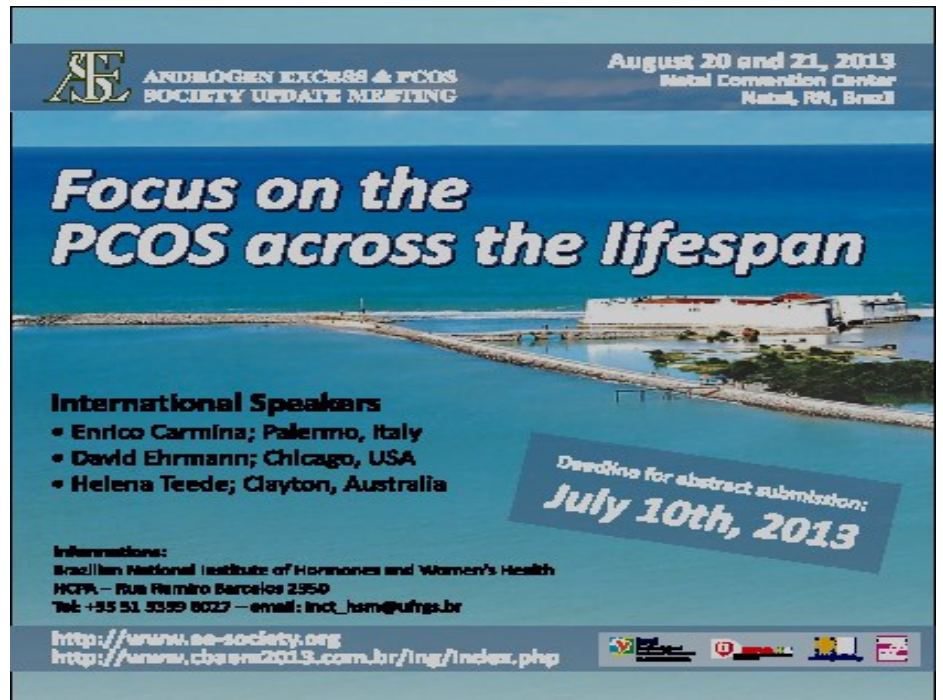
Public Transportation - Reserved Car Service (401) 295-1100 or RIPTA

BY CAR

From New York City, take I-95 to the third Newport exit, picking up Route 138 east (which joins briefly with Rte. 4) and crossing the Newport toll bridge slightly north of the downtown district.

From Boston (75 miles), take Route 24 through Fall River, picking up route 114 into town.

**AEPCOS
UPDATE
MEETING
NATAL,
BRAZIL,
AUGUST 20-
21, 2013**



**A PICTURE FROM 1ST ANNUAL MEETING OF
AEPCOS SOCIETY**

The picture shows the participants to 1st Annual Meeting of AEPCOS Society (Philadelphia, USA, June 18, 2003)

Between the others, you may recognize: in the first line: Walter Futterweit, Ricardo Azziz, John Nestler, Richard Legro, Hector Escobar-Morreale; in the second line: Sharon Oberfield and Jeffrey Chang; in the third line: Enrico Carmina, Onno Janssen, Robert Norman; in the last line: Kathleen Hoeger, Bulent Yildiz and Renato Pasquali.



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Lisa Moran, B.Sc.

EFFECT OF OBESITY ON PCOS

Joop Laven, M.D., has asked Lisa Moran, B.Sc., Research Fellow at the Robinson Institute, University of Adelaide, Adelaide, Australia to comment her recent systematic review on the effect of obesity on PCOS

Overweight and obesity are important influences on the prevalence and severity of PCOS. This is proposed to be through the effect of excess adiposity, and particularly central and visceral adiposity, on worsening insulin resistance in PCOS. Overweight, obesity and central obesity are highly prevalent in the general population and are also proposed to be more common in women with PCOS compared to those without PCOS. Excess adiposity is therefore an issue of high priority in PCOS. However, prior to the publication of this review there was conflicting evidence as to the range of reproductive, metabolic or psychological features of PCOS affected by excess adiposity. Furthermore, it remained unclear whether a threshold effect existed whereby overweight women with PCOS were as adversely affected by excess adiposity as obese women. There was also limited data specifically examining the effect of central adiposity on the presentation of PCOS.

This review article was a systematic review and meta-analysis which examined the effects of overweight, obesity and central obesity on the metabolic, reproductive and psychological features of PCOS. Thirty eligible studies were identified for the systematic review with data available for meta-analysis for 1-16 studies depending on the outcomes and subgroup studied.

This review confirms that overweight and obesity are associated with worsened reproductive and metabolic outcomes in PCOS. It was not possible to determine a precise BMI level specifically associated with elevated metabolic, reproductive or psychological risk. However, the fact that the majority of reproductive and metabolic outcomes were worsened even in overweight women with PCOS highlights the importance of the prevention and treatment of both overweight and obesity in PCOS. Limited data also indicated that the relationship between BMI and certain health outcomes including SHBG and hirsutism may be non-linear. This indicates that further research is warranted assessing the identification of BMI thresholds for worsening of specific reproductive, metabolic and psychological features. This could aid the identification of target groups for appropriate interventions. This review did not identify any eligible studies comparing psychological outcomes across different BMI categories in PCOS although other research has noted a likely negative effect of excess adiposity. There was also limited data on clinical outcomes such as abnormal glucose tolerance and examination of the contribution of central adiposity in PCOS and further research is warranted exploring both surrogate markers of disease and clinical outcomes.

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Joop Laven, M.D.

The review (*Lim SS, Norman RJ, Davies MJ, Moran LJ. The effect of obesity on polycystic ovary syndrome: a systematic review and meta-analysis. Obes Rev. 2013 Feb;14(2):95-109*) has been commented also by Joop Laven, Professor in Reproductive Medicine, Head of the Division of Reproductive Medicine, Erasmus Medical College, Rotterdam, The Netherlands .

This meta analysis and systemic review from Rob Norman's group from the Robinson Institute shows convincingly that obesity as well as overweight is associated with worsening of either the metabolic profile or the reproductive performance. Overweight, although may be to a lesser extent, seems to have a similar impact on metabolic and reproductive parameters.

Rob Norman as well as Lisa Moran are pioneers in the field deciphering the relationship between weight and clinical characteristics of PCOS. They also were in the frontline as far as their research addressing the important role of weight loss. And finally they were the first to report about success of programs aiming at reducing weight in groups of overweight and obese PCOS women. Members of Rob Norman's group have also advocated weight loss and showed in several studies that if, through a sustainable life style modification, weight loss is achieved some of the PCOS features ameliorate and eventually ovulation might be restored resulting in spontaneous pregnancy.

Nowadays it is generally accepted that the first line treatment for ovulation induction in overweight or obese women is weight loss. Programs trying to achieve a sustainable life style modification using cognitive interventions along with exercise and diet seem to be most effective. Overall, however, lifestyle therapy does show some benefit with changes in body composition, improvements in insulin sensitivity, and improvement of hyperandrogenism.

There is less evidence of effect for lifestyle intervention on improving glucose tolerance or dyslipidemia and no adequate studies assessing clinical reproductive outcomes, quality of life, and treatment satisfaction until now. Although treatments, with the exception of bariatric surgery, achieve modest reductions in weight and improvements in the PCOS phenotype, encouraging weight loss in the obese patient remains one of the front-line therapies.

Indeed, as is concluded from this review, identification of BMI thresholds for worsening of specific reproductive, metabolic and psychological features is needed. This in turn could help to identify specific target groups for specific more patient tailored interventions. A real challenge for the future!