

JULY 2014 NEWSLETTER

MENOPAUSAL AGE IN PCOS

The July newsletter is dedicated to the age of menopause in women with PCOS. Professor Enrico Carmina interviewed Rogerio A. Lobo, M.D.

Rogerio has been President of AEPCOS Society and is Professor of Obstetrics and Gynecology at Columbia University, New York, NY, USA. He has published extensively in the fields of menopause and PCOS and is the author of a popular book on menopause..

The nominating Committee of AEPCOS Society has chosen the candidates to President Elect and to Board Director to be voted by all members.

Abstract deadline for 12th AEPCOS Annual Meeting is approaching (September 7th) and all members are invited to present their new research data..

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FORTHCOMING AEPCOS MEETINGS

- 12th Annual Meeting of Androgen Excess & PCOS Society, Kauai Marriott Resort Hotel and Beach Club, Kauai, Hawaii, USA, October 22-23, 2014
- Update Meeting of AEPCOS Society, San Diego, CA, USA, March 4, 2015
- Update Meeting of AEPCOS Society, Gdansk, Poland, June 12-13, 2015
- 13th Annual Meeting of AEPCOS Society, Palermo, Italy, October 4-6, 2015

12TH AEPCOS ANNUAL MEETING, KAUAI, HAWAII, OCTOBER 22-23, 2014

The 12th Annual meeting of the AEPCOS Society will be held at Kauai Marriott Resort Hotel and Beach Club, Kalapaki Beach, Kauai, Hawaii, USA, October 22-23, 2014, immediately after the Honolulu ASRM Annual Meeting. The venue of next annual meeting is a wonderful resort that is located in the very beautiful island of Kauai. The airport of Lihue, only one mile from the resort, may be reached by a



short 20 minutes flight from Honolulu. Several airlines serve this route with more than 10 daily flights. Lihue airport may be reached also by daily direct flights leaving from main Western USA and Canada cities including Los Angeles, San Francisco, Phoenix, Seattle and Vancouver. We have negotiated a very good rate at the Kauai Marriott that will be available to all registered guests for the duration of the meeting and for the following three days. Resort fee is optional but registration includes free shuttle bus from the airport. **As a special bonus for pre-registered (before October 1, 2014) AEPCOS and ASRM members attending ASRM meeting, we will reimburse \$100 of the Honolulu-Lihue flight price (actual cost of the return ticket is \$103). AEPCOS members flying directly to Lihue from continental USA will get \$50 reimburse.**

Abstract deadline is September 7, 2014.

ABSTRACT SUBMISSION FOR 12TH AEPCOS ANNUAL MEETING

You are invited to submit abstracts of your original research to be considered for presentation at the 12th Annual Meeting of the Androgen Excess & Polycystic Ovary Syndrome Society. For abstract form, connect to: www.ae-society.org or contact: info@ae-society.org

To be considered for presentation your abstract must be submitted no later than **September 7th, 2014**, 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 12th Annual Meeting of the AE-PCOS Society on submission of the abstract

All abstracts will be reviewed by a blinded scientific committee nominated by AE-PCOS Annual Meeting Committee. Accepted abstracts will be published on the abstract book and presented as oral communications.

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

AEPCOS SPONSORED MEETINGS

- PCOS Challenge PCOS Awareness Symposium September 21, 2014, Lake Lanier Islands Resort, GA, USA

OTHER MEETINGS

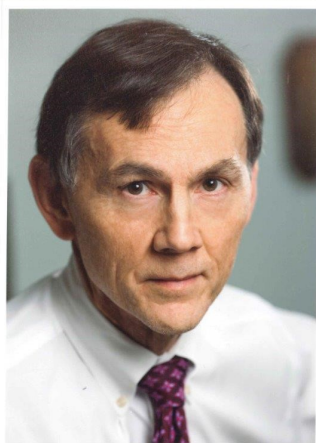
- European Society for Pediatric Endocrinology: September 18-20, 2014, Dublin, Ireland
- ASRM: October 20-22, 2014, Honolulu, HI, USA
- 12th Annual World Congress on Insulin Resistance Diabetes and Cardiovascular Disease: November 20-22, 2014, Sheraton Hotel Universal City, Los Angeles, CA, USA
- Endocrine Society, San Diego, CA, USA, March 5-8, 2015

CANDIDATES FOR PRESIDENT ELECT AND BOARD DIRECTOR CHOSEN BY THE NOMINATING COMMITTEE.

Nominating Committee of AEPCOS Society formed by the President, David Abbott, the past President, Richard Legro and the President Elect, Anuja Dokras, has chosen the candidates for next positions of President Elect and Board Director:

1. Candidate to the position of President Elect: **Helena Teede, M.D.**
2. Candidates to one position of Board Director:
 3. **Marla Lujan, M.D.**
 4. **Sharon Oberfield, M.D.**

The candidates will be voted by all active members of AEPCOS Society and the results will be published in the next issue of AEPCOS Newsletter. The new President Elect and Board Director will take their position from next Annual Meeting .



Rogerio A. Lobo, M.D.

MENOPAUSAL AGE IN PCOS

This month's newsletter interview was conducted with AE-PCOS Past President Rogerio A. Lobo. He is a well-known expert of both menopause and PCOS and commented about recent reports claiming delayed menopausal age in PCOS.

1. Roger, what are the data suggesting delayed menopause in PCOS?

The data are not strong on this point. In fact there are conflicting reports, with more suggesting a later age of menopause (eg. Dahlgren 1992) than those suggesting a normal age of menopause (eg. Shaw 2008.) There are no suggestions that menopause occurs early, although there are isolated cases of premature menopause in women with an earlier diagnosis of PCOS. However it would seem logical that menopause may be delayed in women with PCOS, as their follicular cohort is larger, as reflected by higher levels of AMH. Also several studies have shown that the slope of the decline in AMH levels with age is somewhat attenuated compared to women without PCOS (Mulders 2004, Tehrani 2010)

2. What additional studies are needed?

Clearly more work is needed in this area.

The only way to answer this question is to follow up patients in prospective cohort studies, using standard definitions for the onset of menopause. Several such cohorts now exist, including data you have in an Italian population (Carmina 2012) The control population is extremely important here because there are known ethnic variations in age of the onset of menopause.

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3. May delayed menopause influence fertility in PCOS women and what is the final fertility in women with PCOS?

The primary concern of fertility in women with PCOS is anovulation. Once ovulation has been established, the pregnancy rates in women with PCOS are similar to those with other forms of subfertility, as shown in an IVF model (Kalra 2013) The only exception to this is the very obese woman with PCOS who has decreased fecundability.

As women with PCOS become older, their follicular cohort diminishes, along with levels of AMH, and in many women, cycles become more regular and ovulatory. In spite of this, their increased follicular cohort is sufficient to extend their age of natural fecundity. Therefore although we do not have sufficient data on this point, at least one study in a Norwegian cohort has suggested that women with PCOS maintain a higher live birth rate with aging compared to women undergoing IVF for tubal factor (Mellembakken 2011)

4. May delayed menopause influence cardiovascular and/or metabolic outcomes in PCOS?

The bottom line is that we do not have definitive information on this issue. In general, while the data are mixed, the majority of studies suggest that CV and metabolic risks are increased in women with PCOS with aging (Fauser 2012).

Thus although many parameters of PCOS decrease with aging in PCOS (testosterone levels, ovarian findings, etc.) certain metabolic abnormalities persist such as insulin resistance and elevations in CRP (Puurunen 2011) Free testosterone, although lower than levels in premenopausal women, also have been shown to be elevated in some women in their 70s, compared to women of that age without PCOS (Schmidt 2011) Of interest, Shaw found a positive correlation between free testosterone and CV events in women after menopause.