



Short Communication

Polycystic ovary syndrome: Risk factors and prevention

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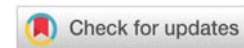
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Polycystic Ovary Syndrome (PCOS) is a common reproductive health problem among women worldwide. It is associated with androgen excess, anovulation, abnormal menstruation, and sub-infertility. Other manifestations of PCOS are acne, abnormal hair growth, alopecia, and male-pattern baldness. Women with PCOS are more likely to develop many metabolic and reproductive health consequences that include miscarriage, gestational diabetes, hypertensive disorders, preeclampsia, prediabetes, type 2 diabetes, cardiovascular disease, stroke, chronic kidney disease, renal failure, breast cancer, endometrium cancer and others [1].

Risk factors is related to genetic and health behaviors. Research evidences reveal many gene loci have been linked with development of PCOS. Familial history of PCOS and health impacts are known. Further research on genome, transcriptome, proteome, and metabolome should be investigated in order to explore and suggest specific preventive strategies [2].

Unhealthy behaviors resulting in overweight, obesity, insulin resistance, hyperinsulinemia, and hyperandrogenism are also known to be risk factors for development of PCOS among women. Over consumption of diets and drinks containing high rich in sugar, fructose, transfat, animal fat, and processed foods are considered its leading causes. Modification of healthy dietary patterns containing natural nutrients and

low glycemic index food items are recommended to promote metabolic health and prevention of obesity, insulin resistance and PCOS pathogenesis. Doing regular exercise would be additional effective prevention approach to promote insulin sensitivity and improve PCOS manifestations [3,4]. Lastly, metabolic health literacy and proactive health education should be advised and implemented among women and their families in order to raise their awareness and motivation to engage in preventive action and early detection of PCOS symptoms.

References

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