

<b>10</b>	
<b>Authors</b>	E.Sivaram, Dr.V.S. KalaiSelvi, Dr. K. Prabhu, Dr.A.J. ManjulaDevi, Dr. S.V. Mythili, Dr.B.Shanthi.
<b>Title</b>	Estimation of Serum Homocysteine level in women with Polycystic Ovarian Syndrome (PCOS).
<b>Department</b>	Sree Balaji Medical College and Hospital
<b>Category</b>	Reproductive and gynecologic endocrinology
<b>Abstract</b>	<p><b>BACKGROUND</b>  Polycystic ovarian syndrome (PCOS) is one of the commonest endocrine conditions roughly affecting about 6-10% women of reproductive age. It is characterized by ovarian dysfunction, hirsutism, hyperandrogenism, insulin resistance and obesity. Homocysteine is a sulphur containing amino acid formed during the metabolism of methionine. It has cytotoxic effects on vascular endothelium. Hyperhomocystinemia contributes to the development of cardiovascular disease as evidenced by many studies.  Women with PCOS are likely to develop components of metabolic syndrome such as disturbance of carbohydrate metabolism, obesity, hypertension and dyslipidemia which in turn are risk factors for cardiovascular disease (CVD), since there is a strong association between serum homocysteine levels and insulin resistance. With this background, this study focuses the level of homocysteine in PCOS patients and to compare the same with normal healthy women.</p> <p><b>OBJECTIVE</b>  Women of reproductive age (25-45yrs) with PCOS and without PCOS to be included in this study for whom Serum homocysteine level is to be estimated.</p> <p><b>MATERIALS AND METHODS</b>  This study is a Case Control Study which is to be conducted in Sree Balaji Medical College and Hospital. Sixty women of reproductive age are to be included in this study and divided into two groups A &amp; B.  GROUP A -Women with PCOS (n=30) [According to Rotterdam 2003 criteria that is, at least two of the three criteria: 1.Polycystic ovaries (assessed by ultra-sonogram) 2.clinical features 3. biochemical signs of hyperandrogenism].  GROUP B - Women without PCOS (n=30) with same age group to be included as controls.</p> <p><b>RESULTS AND DISCUSSION</b>  Since increased level of homocysteine in blood is a risk factor for cardiovascular disease, in women with PCOS, homocysteine level is planned to be estimated, which can predict the premature risk for CVD. So patients with PCOS can modify their lifestyle pattern in early stage to prevent further complications.</p>
<b>Conflicts</b>	None
<b>Email</b>	<a href="mailto:elumalaisivaram@gmail.com">elumalaisivaram@gmail.com</a>
<b>Decision of Scientific committee</b>	
<b>State if accepted for oral</b>	