

# PCOS & Metabolic & Cardiovascular

- PCOS is the most common metabolic abnormality in young women today.~ 10 % of female patients of reproductive age.
- Once PCOS is diagnosed the search for metabolic and cardiovascular risk should be started.
- Many candidate genes have been proposed
- Many different Hypothesis have been proposed for the pathogenesis of PCOS.

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- Hypothalamic-pituitary abnormalities that result in GNRH and LH hormones dysfunction.
- A primary enzymatic defect in ovarian and adrenal steroidogenesis.
- Metabolic disorder with compensatory Hyperinsulinemia (Elevated Insulin Level) that exerts adverse effects on the hypothalamus, pituitary, ovaries/adrenals leading to abnormal ovulation/anovulation and excess formation of male hormone (testosterone) which leads to excessive facial and body hair, acne and increase hair fall from the scalp.