

A Prospective Observational Study on Hormonal Imbalances, Complications and Quality of Life in Pcos and Endometriosis Patients

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Abstract: Polycystic Ovary Syndrome (PCOS) is an endocrine metabolic disorder characterized by multiple hormonal imbalances representing diverse clinical presentations dominated by clinical and biochemical signs of hyperandrogenism which results in short and long term consequences in female health. A suitable data collection form was designed to collect required information and analyze the data. The data collection form included the information related to patient demographics such as age, weight and name of the patient, date, native place, occupation, complications, symptoms, marital status, family members, present living with, social history and diagnostic parameters and questions included in quality of life scale. Our study concluded that psychological stress and obesity leads to hormonal imbalance in patients with PCOS and endometriosis. Hyperandrogenism is the main cause for PCOS, stress in female causes increased testosterone and decreased estrogen levels those results in bilateral ovarian cysts among study population. PCOS have no significant complications during and after pregnancy. There were more complications observed with PCOS rather than endometriosis, among them majority observed are weight gain and infertility.

Keywords: Polycystic Ovary Syndrome, hyperandrogenism, endometriosis, infertility

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