

Objectives

- Explain the pathogenesis and pathophysiology of PCOS
- Identify risk factors that increase the risk of obstructive sleep apnea in PCOS
- Describe the presentation, diagnostic procedures and complications of PCOS
- Review drug therapy used for PCOS and its related complications
- Differentiate PCOS in adolescent vs. the adult

Content Outline

1. Polycystic Ovarian Syndrome
 - 1.1 Pathogenesis and pathophysiology
 - 1.2 Presentation
 - 1.3 Diagnosis
2. Complications of PCOS
 - 2.1 Impaired glucose tolerance
 - 2.2 Endometrial cancer risk
 - 2.3 Dyslipidemia
 - 2.4 Obstructive sleep apnea
 - 2.5 Infertility
3. Treatment of PCOS
 - 3.1 Lifestyle changes
 - 3.2 Drug therapy
 - 3.2.1 Oral contraceptives
 - 3.2.2 Ovulation induction agents
 - 3.2.3 Insulin-sensitizing agents
 - 3.2.4 Drugs that inhibit hair growth
4. PCOS in Adolescents
 - 4.1 Differences from adults
 - 4.2 Special problems and risks

Reading Material Resources

This self assessment module is based on the resources listed below. A copy of each article is included with the module.

“Polycystic Ovary Syndrome and Obstructive Sleep Apnea”, Tasali, MD, Esra, et al., *Sleep Medicine Clinics*, No. 3, 2008, pp. 37-46

“Recognizing Polycystic Ovary Syndrome in the Primary Care Setting”, Bartoszek, Mary, *The Nurse Practitioner*, Volume 34, No. 7, July, 2009, pp. 23-29

“Drug Treatments for Polycystic Ovary Syndrome”, Radosh, MD, Lee, *American Family Physician*, Volume 79, No. 8, April 15, 2009, pp. 671-676

“Polycystic Ovary Syndrome in the Adolescent”, Pfeifer, MD, Samantha M., et al., *Obstetric Gynecologic Clinics of North America*, Volume 36, 2009, pp. 129-152