

Fertility Care Of Patients With PCOS and/or Obesity — A Clinical Overview And Update



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Polycystic ovary syndrome (PCOS), first described by Stein and Leventhal in 1935, is the most common cause of ovulatory infertility, and associated with hyperandrogenic symptoms, and long-term health risks including metabolic syndrome. Most patients

with PCOS are also overweight or obese, and weight loss can improve ovulatory dysfunction and other features of PCOS. Obesity is on the rise worldwide, with 12% of the world's adult population estimated to be obese. Obesity has detrimental effects on reproduction and on treatment of infertility, and fertility providers must be aware of the effects of obesity on fertility and its treatment, as well as the special considerations regarding patients on weight loss medications or those who have undergone bariatric surgery.