

Frequency of Hyperandrogenism in Young Women with Polycystic Ovarian Syndrome

INTRODUCTION

Polycystic ovary syndrome (PCOS) is the communal disorder of end ocrinology in females of reproductive age. It isa clinical disorder of heterogeneous type categorized by chronic symptoms of oligo / anovulation and hyperandrogenism. Current variations in criteria of diagnostic methods may have additionally augmented the heterogeneity of the affected females. The PCOS causes various health related risks and obesity isthe utmost common than type I diabetes, insulin resistance, and lipid profile abnormalities. The purpose of the study was to govern the incidence of hyperandrogenism in young females with polycystic ovarian syndrome.

MATERIAL & METHOD

This cross-sectional study held at department of Obstetrics & Gynae of teaching hospital Dow University of Health Sciences, Karachi. It was conducted for the duration of one Year from 7th May 2017 to 6th May2018. Total 93 diagnosed patients of PCOS were enrolled .Patients' ages were ranging between 20 to 35 years. Detailed demographics of all subjects were recorded. Serum analyses for serum testosterone and sex hormone binding globulin was done randomly at any phase of menstrual cycle. The formula was used to determine the free androgen index by dividing serum testosterone with serum sex hormone binding globulin and was labeled as operational definition. All these information was entered on in the proforma. All statistical calculations were done by using SPSSversion 21. The standard deviation and mean were determined for serum testosterone, age and sex hormone binding globulin. Frequency and percentage were calculated for marital status, parity and hyperandro-genism. Stratification with respect to age, parity and marital status was completed. The chi-square test was pragmatic later to post stratification and p-value <0.05 was deliberated significant

RESULT

The mean age was 27.22 ± 4.58 years, with range of 15(20–35) years. The results showed that among study's objects, 41 were married and 52 were unmarried. The descriptive statistics of parity was also evaluated. Results showed that overall mean parity was 1.41 ± 0.94 with range of 0–4. The descriptive statistics of free androgen index score (FAI) was also evaluated. Results showed that overall mean FAI was 7.80 ± 5.82 with range of 32.60(0.80–33.40).The results showed that among all study subjects, 60 women were found with hyperandrogenism, and 33 had no hyperandrogenism.

CONCLUSION

Hyperandrogenism is an important feature of PCOS. It mainly comes from the ovaries of women diagnosed with PCOS. The best indicator of hyperandrogenism are Serum testosterone levels. Hyperinsulinemia seems to be one of the main factors responsible for steroidogenesis regulation. It was also concluded that in our study hyperandrogenism was mostly prevalent among PCO women which was identified by FAI Score. It also observed in younger aged and unmarried women

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