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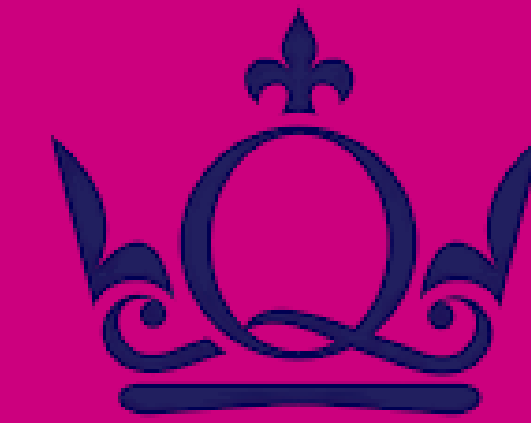
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A NEW APPROACH IN POLYCYSTIC OVARIAN SYNDROME MANAGEMENT

EXPLORING COMPLEMENTARY AND ALTERNATIVE MEDICINE FOR HOLISTIC TREATMENT

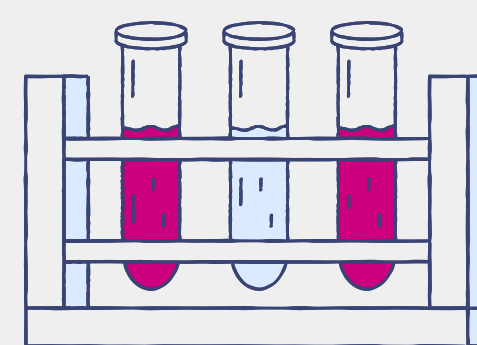
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INTRODUCTION

Polycystic ovarian syndrome is a complex, multifaceted endocrine disorder amongst women of reproductive age, affecting 2.2-26% of women worldwide. Despite its prevalence among various ethnicities, it remains an underdiagnosed and often mismanaged condition, leaving many women feeling the burdens of its significant reproductive, metabolic, and psychological effects. This poster represents the areas for improvement in the current UK guidelines; exploring the efficacy of up-and-coming treatments, alongside complementary and alternative medicine (CAM).



OBJECTIVES

- To compare and contrast current guidelines to complementary and alternative (CAM) therapies for the management of PCOS.
- To analyse the potential for integration of CAM into current treatment pathways.

KEY FINDINGS

Emerging research regarding the aetiology of PCOS means that current first-line treatments, including metformin, clomiphene and combined oral contraceptives (COC), offer partial symptom management but do not address the full spectrum of PCOS-related metabolic, hormonal, and gut dysbiosis issues. The following key findings summarise the most promising interventions highlighted in the review:

THERAPIES	INSULIN RESISTANCE	HIRSUTISM	MESNTRUAL REGULARITY	TESTOSTERONE	BMI	OVULATION/ CYST REDUCTION
INOSITOL*	✓	✓	✓	✓	✓	✓
VITAMIN D	✓			✓		
L-CARNITINE + METFORMIN	✓		✓		✓	
PROBIOTICS	✓	✓		✓	✓	
FMT**	✓	✓		✓		✓
TCM ***	✓	✓	✓	✓	✓	✓

✓ = IMPROVEMENT IN SYMPTOM PROFILE

METHODOLOGY

- A literature review of **>80 sources** from PubMed, Google Scholar, Science direct, Springer and Wiley databases.
- Keywords:** ‘inositol’, ‘alternative treatment’, ‘vitamins’, ‘probiotics’, ‘lifestyle interventions’, ‘faecal microbiota transplantation’ and ‘Traditional Chinese medicine’
- Focus on:** insulin resistance, hyperandrogenism, menstrual regularity, and gut health.

CONCLUSION

CAM therapies provide a multifaceted approach to PCOS management, addressing a broader range of symptoms and empowering women to take greater control of their health - an area where current guidelines are limited.

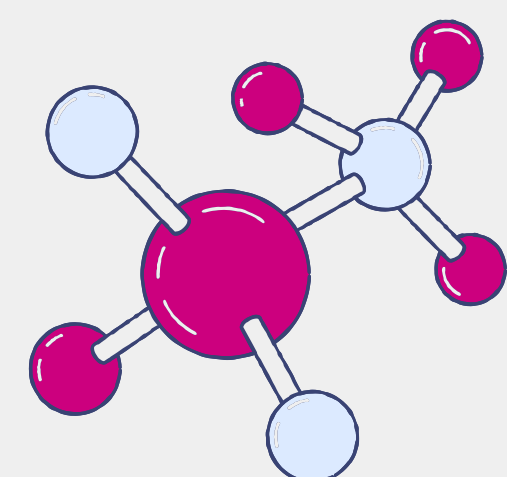
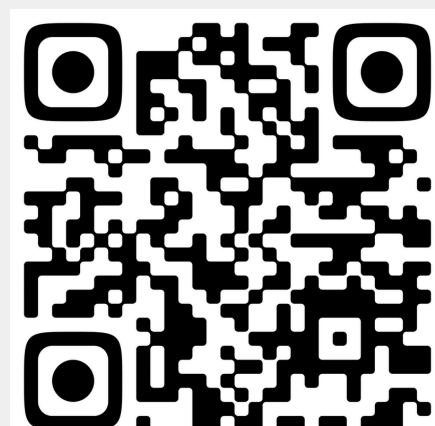
Further robust and standardised trials are necessary. Future research should focus on direct comparison with conventional treatments, evaluating long term outcomes, and determining optimal dosages. Advancing our management strategies is fundamental in order to inform future guidelines to better support women facing this complex and often under-addressed condition.

DISCUSSION

CAM therapies offer promising options to address gaps in current PCOS guidelines to better address patient needs. Research revealed that women report feeling overlooked or dissatisfied with available treatments, particularly regarding the psychological impact of PCOS. Current guidelines also lack flexibility to accommodate women of diverse symptom profiles, limiting personalisation of care.

While emerging evidence for CAM therapies is promising, variability in trial design, sizes, and outcome measures currently limits direct comparison and widespread clinical integration.

RELATED LITERATURE



**Inositol most effective in ratio of 40:1, myo-insoitol to d-chiro inositol*

*** Faecal microbiota transplantation*

**** TCM refers to Traditional Chinese Medicine. This literature review analysed efficacy of cinnamon, berberine, flaxseed, Tian Gui, and Spearmint*