

RGOG CONGRESS 2025

EFFECTS OF LAPAROSCOPIC OVARIAN DRILLING IN BOTH LEAN PCOS AND OBESE CATEGORY.

H.Iqbal ^{1,2} , S. Naveed ^{3,4}
PULSE MEDICAL COMPLEX, Lahore, Pakistan 1
FAROOQ HOSPITAL, DHA, Lahore, Pakistan 2
PULSE MEDICAL COMPLEX, Lahore, Pakistan 3
PNS ,Shifa, Karachi, Pakistan 4

OBJECTIVES:

To assess effectiveness and response of laparoscopic ovarian drilling in women with lean PCOS and obese women having long standing polycystic ovarian disease unresponsive to medication. Study was done to evaluate the effects of laparoscopic ovarian drilling in terms of resumption of regularity in periods, achieving ovulation and reduction in acne, hirsutism and depression.

DESIGN:

A direct Observational Prospective study was done spanning over 2 years

METHOD:

100 paricipants were taken. 50 underweight women and 50 obese women were counselled for laparoscopic ovarian drilling due to long standing polycystic ovarian disease not responsive to hormonal treatment. Study was done in 2 hospital settings over 2 years from July 2022 to September 2024. Inclusion criteria was age between 20 years to 40 years. BMI range was between 16 to 35 and women having irregularity of periods, anovulation, acne, hirsutism and psychological upsets were included.

RESULTS:

Resumption of periods post LOD was poor in women with lean PCOS but obese category had resumed regular periods and reduction in acne, hirsutism and depression. In liason with the nutritionist/dietician, weight management in both categories was remarkable. Ovulation and biochemical markers were improved in obese women as compared to the underweight group.

Refer to the results infographics as per in Figure1 and Figure2 respectively

Figure 1

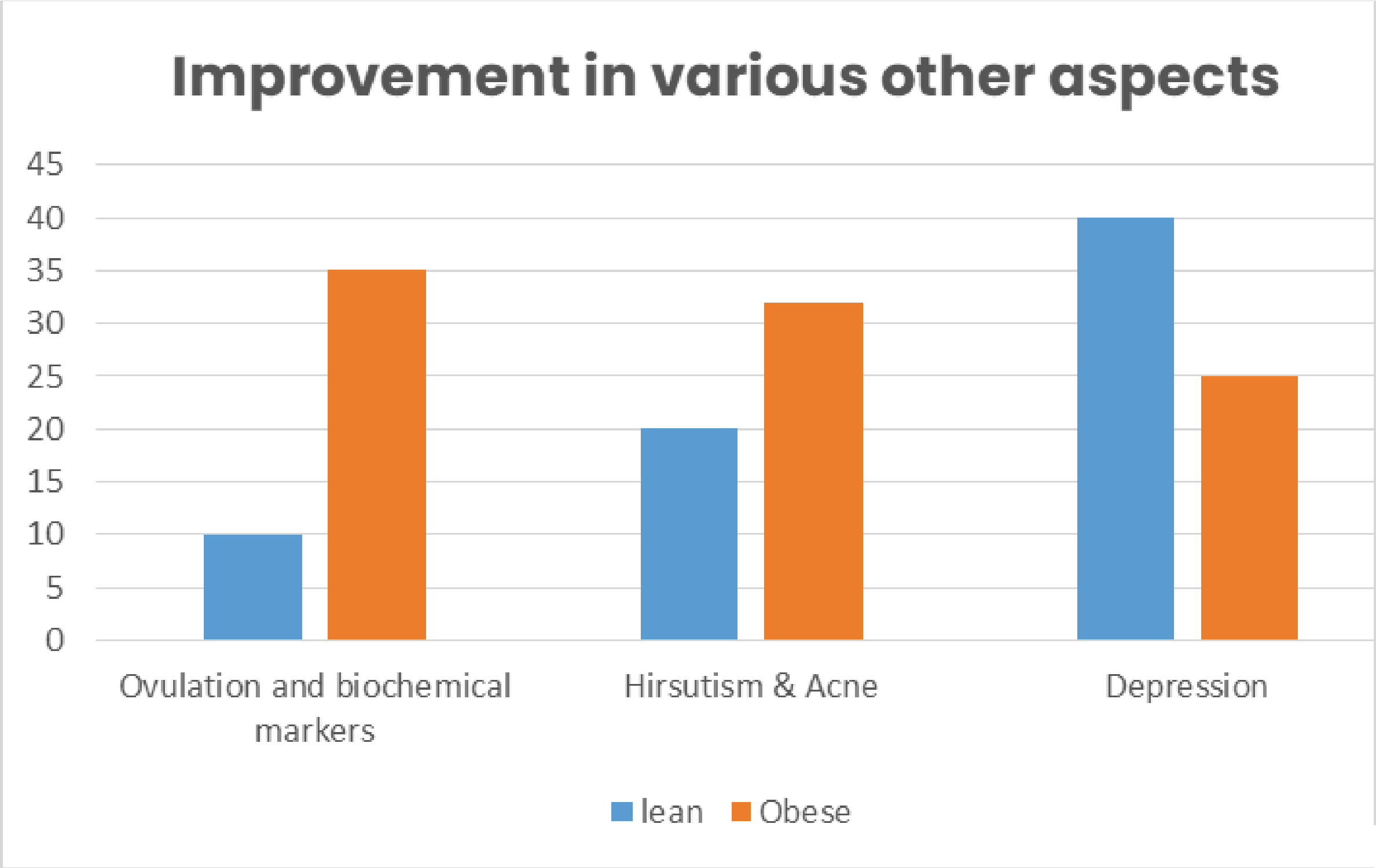
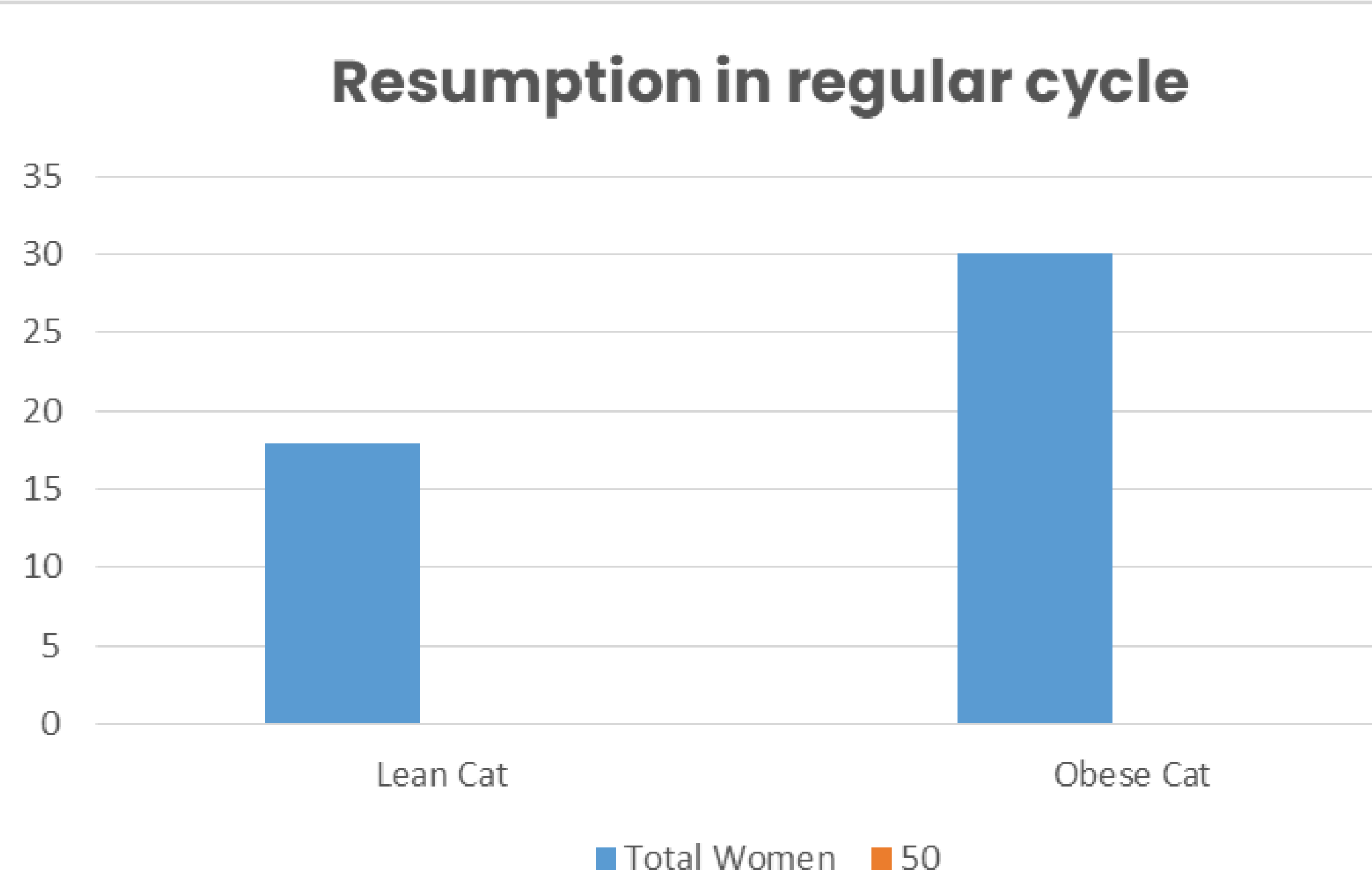


Figure 2



CONCLUSIONS:

Carefully designed randomised control trials are required to confirm findings of previous studies in lean PCOS and to consolidate diagnostic and management algorithms proposed in this review. Resistant ovarian syndrome can coexist in underweight women with PCOS having normal FSH and AMH.

REFERENCES:

1.Effects of Laparoscopic Ovarian Drilling on Restoration of Menstrual Cycles, Hormonal Profiles and Pregnancy Rate in Women with Polycystic Ovary Syndrome
Shelan Omar et al. Hawler Medical University, Erbil, Iraq

2.Laparoscopic Ovarian Drilling Reduces Testosterone and Luteinizing Hormone/Follicle-Stimulating Hormone Ratio and Improves Clinical Outcome in Women with Polycystic Ovary Syndrome, Hum Reprod Sci. 2019 Jul-Sep;12(3):224–228.
Priyanka Sinha, Thyagaraju Chitra, Dasari Papa , Hanumanthappa Nandeesh

3. Lean polycystic ovary syndrome (PCOS): an evidence-based practical approach, Diabetes Metab Disord.2018 Nov 13;17(2):277-285, Sehar Toosy 1, Ravinder Sodi 2, Joseph M Pappachan 3

CONTACT DETAILS:

dr.humeiraiqbal@gmail.com
Mobile no.
+92-306 6755669