



RESEARCH TO
PRACTICE 2018

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EXERCISE AS MEDICINE IN PCOS

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Polycystic ovary syndrome (PCOS) is the most common endocrine condition in women of reproductive age. It has significant impacts on reproductive health, potentially affecting menstrual cycles, fertility and hirsutism, psychological wellbeing and metabolic health (dyslipidaemia, diabetes, central obesity). National guidelines recommend that diagnosis is based on the Rotterdam consensus definition of PCOS which comprises two of the following three criteria: oligo/anovulation, polycystic ovarian morphology (PCOM) on ultrasound and hyperandrogenism with the exclusion of other aetiologies.

Insulin resistance underpins PCOS, regardless of body mass index. However, obesity is a frequent feature in PCOS with rates of weight gain and prevalence of excess weight seen even from adolescence.

Whilst lifestyle with weight loss of $\geq 5\%$ of total body weight have demonstrated improvements in menstrual cycle regularity, fertility, psychological and metabolic health, and physical activity even without weight loss may be beneficial.

Women with PCOS, internationally, report that excess weight causes significant distress and many have noted that there is inadequate information and support around appropriate lifestyle change.

Currently there is limited evidence guiding the optimal mode (e.g. aerobic endurance, HIIT, resistance training) and degree of exercise intensity in PCOS. Further, methods of instigating and maintaining engagement in exercise of physical activity long-term need to be elucidated.

The new international guidelines on PCOS will be based on evidence in both the general population and in PCOS specifically, and will recognise the vital importance of exercise and physical activity in PCOS, the need to deliver in settings that are accessible to women including with minimal equipment and exploring low cost e-health and m-health options.

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| Abstract number: | 040 |
| Session: | Polycystic Ovary Syndrome & Exercise |
| Date: | Thursday, 29 March 2018 |
| Time: | 1:30pm – 3:00pm |
| Co-Presenters: | A/Prof Jacqueline Boyle; A/Prof Nigel Stepto; Dr Trine Moholdt |
| Panel Practitioner: | Mrs Joanne Turner |
| Session Chairperson: | Miss Esme Soan |