



RESEARCH TO
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HOW TO EXERCISE IN POLYCYSTIC OVARY SYNDROME (PCOS)

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Polycystic ovary syndrome (PCOS) is an endocrine disorder affecting up to 20% of young women and is the leading cause of anovulatory infertility. PCOS represents a growing health concern due to its strong association with obesity and metabolic disorders, such as insulin resistance. In fact, sixty to ninety percent of women with PCOS demonstrate insulin resistance, a figure that is substantially higher than would be predicted by increased body mass. Lifestyle intervention, including exercise training, is regarded as primary therapy to prevent and treat PCOS symptomatology. But what type of exercises should these women do, and why, in order to improve their cardiometabolic health and fertility? Both endurance type exercise and strength training has been found to improve some of the symptoms associated with PCOS. Cross-sectional data shows that vigorous physical activity reduces odd of the metabolic syndrome, independent of age, BMI, and total energy expenditure in PCOS. Several smaller randomized controlled trials on high intensity interval training have also shown promising results in regards to improving insulin sensitivity and other metabolic factors in this population. This presentation will give an overview of the effects of specific types of exercise training in PCOS on insulin sensitivity, cardiorespiratory fitness, vascular function, reproductive hormones and fertility.

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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