

Dr Clare Boothroyd presents the session - PCOS and Fertility Part 2 the importance of regular periods

Dr Clare Boothroyd:

The other thing that needs to be addressed, aside from preserving fertility, is preventing a condition called endometrial hyperplasia which is a thickening of the lining of the womb which develops when a woman doesn't have regular periods. So it's quite important that regular periods are induced, and whilst a woman is not trying to conceive the obvious choice is the combined oral contraceptive pill.

I'm really not convinced about the issues about insulin sensitivity being a serious factor, certainly endometrial hyperplasia is best avoided. If women have irregular periods - unheralded, heavy, they are at risk of iron deficient anaemia - they've got all the inconvenience of that unexpected period.

Other things - and we're going to talk about the high male hormone perspective in another one.

One of the reasons why I don't think that women with PCOS should go on IVF programs willy-nilly is because they are at risk of a condition called Ovarian hyperstimulation. This condition has a risk of dying and it's very serious and is associated with getting too many eggs on the ovary. Once it's happened, you can only support them through that very serious medical condition.

And we should avoid that.

Thank you, Dr. Boothroyd.