

# **THE ROLE OF NUTRITION IN THE TREATMENT OF POLYCYSTIC OVARY SYNDROME**

## **Abstract**

Obesity and excess weight are major chronic disease in Western countries. In many developed and developing country including Indonesia, the past decade has seen a dramatic increase in the prevalence of adults and children who are overweight or obese. Consequently, there has been an increase in the incidence of obesity related conditions such as type 2 diabetes mellitus, cardiovascular diseases and impairment of fertility by exacerbating the common condition of Polycystic Ovary Syndrome (PCOS).

Polycystic ovary syndrome is the most common endocrine disorder affecting 5–10% of women of reproductive age. Obesity is present in 30–75% of women with PCOS. Adipose dysfunction contributes to the development of glucose intolerance and hyperinsulinemia, which in turn can exaggerate the manifestations of hyperandrogenism. Obese women with PCOS are at increased risk of anovulation and consequent subfertility.

Lifestyle modification is the first line of PCOS management. Increased exercise, improved diet, and weight loss can help to reduce the metabolic abnormalities associated with PCOS. Weight loss of as little as 5-10% has been demonstrated to correct oligoanovulation and improve the ability of women with PCOS to conceive.