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Mr. Speice

Independent Study and Mentorship- 3A

6 November 2017

**Research Assessment #10**

**Date:** 6 November 2017

**Subject:** Polycystic Ovarian Syndrome

**MLA Citation:**

Shetty, Disha, et al. "Exercise in polycystic ovarian syndrome: An evidence-based review."

*Saudi Journal of Sports Medicine*, vol. 17, no. 3, 2017, p. 123. *Academic OneFile*,

[go.galegroup.com/ps/i.do?p=AONE&sw=w&u=j043905010&v=2.1&it=r&id=GALE%7](http://go.galegroup.com/ps/i.do?p=AONE&sw=w&u=j043905010&v=2.1&it=r&id=GALE%7)

CA510892176&asid=2788db3b7a11a347f89d3426cc7815f5. Accessed 31 Oct. 2017.

“Treatments for Infertility Resulting from PCOS.” *Eunice Kennedy Shriver National Institute of*

*Child Health and Human Development*, U.S. Department of Health and Human Services,

[www.nichd.nih.gov/health/topics/PCOS/conditioninfo/Pages/infertility.aspx](http://www.nichd.nih.gov/health/topics/PCOS/conditioninfo/Pages/infertility.aspx).

**Assessment:**

The market is based off of supply and demand. Similarly, reproductive endocrinologists will only remain useful as long as infertility issues persist. With the presence of conditions such as Polycystic Ovarian Syndrome, which affects adolescents and adults globally, the issue of infertility has continued to grow amongst all females.

Polycystic Ovarian Syndrome is a common endocrine disorder that is a result of imbalanced hormones in females. As a result, many women experience infertility issues and need

to see a specialist. Unlike other conditions that can easily be cured with antibiotics or surgical treatments, PCOS is largely reversible through a change in lifestyle and diet. This fact is extremely intriguing because studies have shown that exercise is the most successful primary treatment. This type of medical advice is usually swept under the rug and not taken seriously by patients; however, a lifestyle change is the best way to reverse hormonal imbalances and prevent unnecessary medical treatments. A problem with this, however, is that medical advice that pertains to exercise has been heard so many times that those with PCOS are less likely to legitimately make lifestyle changes. When people want to lose weight on their own, they often look for an easy fix or a fad diet. Likewise, PCOS patients are likely to prefer a quick fix of medication, even though the more cost efficient and long term option is taking your health into your own hands.

Although exercise and overall diet changes are the first course of treatment prescribed by physicians, this initial step in reversing infertility and PCOS is not always successful. Therefore, the next step of treatment is often medication and different forms of treatment. From clomiphene to metformin, these medications help release eggs and stimulate ovulation. Other options include hormone shots to induce ovulation and ovarian drilling. With so many treatments available that are on completely opposite sides of the spectrum, it makes me wonder which is the most effective in reversing the infertility aspect of PCOS. The possibility of centering my original work on a study of PCOS could possibly pave way to a great deal of new knowledge on available treatments.

With the varying degree of treatments available for PCOS patients, I would love to conduct a study that tests the results of these treatments overtime, and in reference to infertility.

Perhaps having ten patients following a lifestyle change with diet and exercise, ten patients taking medications, and ten patients doing more intensive treatments with options such as hormone shots. However, there are two main problems with this original work idea. One main problem is that finding patients who would be willing to participate is a challenge, and it is even more challenging obtaining consent for access to personal medical information. Another problem is that most physicians require strict commitment to exercise and better eating prior to the implementation of more invasive and costly treatments. Therefore, it will be difficult to find patients who have not altered their eating and physical habits and are solely taking medication or hormone shots.

Although a case study involving so many patients is unlikely to occur for my original work or final product, I do find the effects of mere lifestyle changes on infertility to be extraordinary. Another approach that could be taken in order to see the effects of PCOS among the public is to conduct a survey of over 1,000 people that asks women of all ages and ethnicities about whether or not they have struggled with infertility issues, and specifically with PCOS. Being able to see the differences between different cultures in terms of reproductive health could lead to more research into the reasons why these problems may occur. This original work idea is more realistic in my given time slot; it incorporates elements of science and the history of cultures; and it also provides a segway into deeper research for my final product.

There are so many different factors that play into infertility. PCOS is only one of these factors and it is incredible how patients can take their health into their own hands to curb the possible infertility. However, I am still interested in why certain ethnic groups and ages are more

affected than others. Therefore, I know that this is the direction to lead my original work in, for it can be realistically achieved and can reveal new information about different cultures.