

## REVIEW

### A Modern View of the Polycystic Ovarian Syndrome

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#### Abstract

*The polycystic ovarian syndrome (PCOS) is the most common endocrinopathy, which affects between 8 and 13% women of reproductive age. Its most common and disturbing features are hyperandrogenism and infertility. Due to its many implications, there is an utter need to improve the diagnosis and management of this pathology. It will help women improve their quality of life, fertility and prevent cardiovascular effects. The most important part of the management is the correct diagnosis. Specialists are trying to elaborate tighter and more specific criteria of diagnosis. Besides these disturbing features, one can not ignore the more important effects of PCOS: cardiovascular disease, diabetes mellitus, endometrial cancer and mental disorders (anxiety and depression). In order to prevent all these problems, the patients need constant guiding with a major change in lifestyle.*

**Key words:** PCOS, hyperandrogenism, infertility, lifestyle.

#### Introduction

The polycystic ovarian syndrome (PCOS) is the most common endocrinopathy, which affects between 8 and 13% of the women of reproductive age [1]. This complex pathology has many implications: reproductive, metabolic and psychologic [2]. Over the years, scientists have elaborated different methods of diagnosis and treatment but clinical practice is still inconsistent. Recently, articles have been published about

women’s dissatisfaction with care and delayed diagnosis [3,4]. The Rotterdam diagnostic criteria have been released in 2003 and since then, have been intensely used. Due to the complexity of the pathology, there is an obvious need for tighter criteria, in order to include the patients who were previously undiagnosed. That is the reason why we started writing this paper, in order to offer a modern perspective of the polycystic ovarian syndrome to women all around the globe. This article’s purpose is to facilitate