

# Sun 102 Prevalence of polycystic ovary syndrome in the Qatari population



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## Background

Polycystic ovary syndrome(PCOS) is the most common endocrine condition in women in their reproductive years that has prevalence of about 6-10% in Caucasian populations. It is associated with obesity, gestational diabetes, type 2 diabetes, infertility, endometrial cancer and an increased cardiovascular risk through a higher incidence of hypertension and an adverse lipid profile. However ,the prevalence of PCOS in Qatar is unknown.

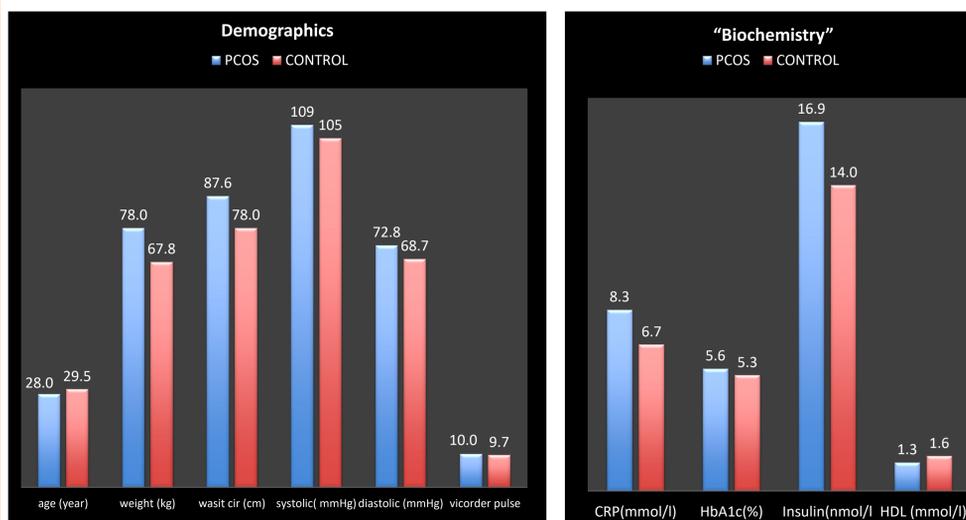
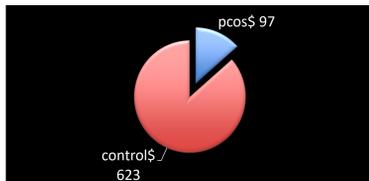
## Aim

To determine the prevalence of PCOS in Qatar using the Qatar biobank

## Method

A cross sectional analysis was employed to estimate the prevalence of PCOS among 749 Qatari women aged 18-40 extracted from Qatar biobank and diagnosed using the NIH guidelines {raised androgen level –free androgen index >4.0- and menstrual irregularity after exclusion of other conditions}.

## Results



- All results are reported as mean value PCOS vs Control (Figures).
- 97 of 720 fulfilled the AS guidelines (13.5%) for PCOS

### PCOS subjects:

- Were younger  $p < 0.04$ , heavier  $p < 0.001$  with a greater waist circumference and higher systolic and diastolic blood pressures  $p < 0.001$ .
- Showed an elevated CRP, HbA1c and insulin ( $P < 0.001$ ), whilst HDL levels were decreased.

## Conclusion

Using the NIH guidelines the initial prevalence in this small cohort was 13.5% ,that would likely translate to 22% using the rotterdam diagnostic criteria, and showed a metabolic phenotype.

### Acknowledgement

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