

# Polycystic Ovary Syndrome (PCOS) Management and Treatment : Cardiometabolic Factors



## Cardiometabolic Screening

**PCOS is associated with higher rates of cardiometabolic disease.**

**Annual screening is recommended for:**

- Blood Pressure
- HgbA1C
- Lipid Panel
- Tobacco Use Status

**Evaluate for co-morbid Obstructive Sleep Apnea (OSA) with annual OSA symptoms questionnaire (ex. STOP-BANG)**

## Lifestyle Considerations for All Patients

Healthy Diet	Physical Activity	Weight Loss:
<ul style="list-style-type: none"> <li>• Mediterranean-style, anti-inflammatory diet</li> <li>• Tailor guidance to individual's personal and cultural food preferences</li> <li>• Recommend Medical Nutrition Therapy, if available</li> </ul>	<ul style="list-style-type: none"> <li>• 150 minutes per week moderate intensity OR</li> <li>• 75 minutes per week vigorous activity</li> <li>• Include muscle strengthening</li> <li>• Higher intensity of duration for weight loss</li> </ul>	5-10% of body weight for patients who are overweight or obese

**Use SMART (Specific, Measurable, Achievable, Realistic and Timely) goal setting and self-monitoring.**

## Pharmacotherapy

Metformin	GLP-1 Receptor Agonists
<ul style="list-style-type: none"> <li>• Start at 500mg daily and increase at 500mg increments to a target of 1500mg daily as tolerated by side effects</li> <li>• Take with meals to reduce side effects</li> <li>• Counsel on common side effects: abdominal pain, nausea, and diarrhea</li> <li>• Side effects, including gastrointestinal effects, are dose related and often self-limiting</li> <li>• Safe in pregnancy and when trying to conceive</li> </ul>	<ul style="list-style-type: none"> <li>• Benefit for weight loss and ovulatory function with PCOS</li> <li>• No one formulation is preferred. Long-acting formulations are more effective and better tolerated.</li> <li>• Start at low dose and titrate as tolerated to effect</li> <li>• Counsel on common side effects: nausea, vomiting, diarrhea, headache</li> <li>• Do not use when trying to conceive - recommend 2-month wash out period</li> </ul>