

ADOLESCENT MEDICINE
ADOLESCENT POLYCYSTIC OVARY SYNDROME

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Abstract: *Polycystic ovary syndrome is the most frequent endocrinopathy in women and adolescents. Insulin resistance and compensatory hyperinsulinaemia are seen in most cases of polycystic ovary syndrome. This article focuses on the clinical features, differential diagnosis, the current recommendations for diagnosis, management strategies, the importance of screening for PCOS in adolescence to prevent future problems and long-term sequelae, especially, the metabolic syndrome.*

Keywords: *Polycystic ovary syndrome, Adolescence, Insulin resistance, Metabolic syndrome*

Points to Remember

- *Adolescent PCOS is diagnosed 2 years after menarche, if both irregular periods and hyperandrogenism (clinical and/or biochemical) are present.*
- *Polycystic ovaries on ultrasound is not necessary for the diagnosis of adolescent PCOS.*
- *Screening is recommended in adolescence to prevent long-term sequelae.*
- *Management should include measures to prevent the metabolic syndrome.*

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