

METABOLIC DISORDERS IN PCOS ACCORDING TO THE NEW FIGO 2022 CLASSIFICATION OF ANOVULATION

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Abstract

Anovulation is one of the major contributors to female infertility and is frequently accompanied by notable metabolic disturbances. In 2022, the International Federation of Gynecology and Obstetrics (FIGO) introduced an updated classification system for anovulatory disorders, incorporating hormonal and metabolic parameters. A special focus in this framework is placed on polycystic ovary syndrome (PCOS), a condition marked by hyperandrogenism, insulin resistance, and dyslipidemia.

Objective: To investigate hormonal and metabolic alterations in women with various anovulatory conditions, emphasizing PCOS, in accordance with the updated FIGO 2022 classification.

Materials and Methods: The study included 4,764 reproductive-age women. Diagnosis of PCOS was established according to the Rotterdam 2018 criteria. All participants underwent evaluation of anthropometric data, blood pressure, lipid and glucose metabolism, and hormone profiles. Statistical methods included ANOVA and Mann-Whitney tests, with significance set at $p < 0.05$.

Results: PCOS was diagnosed in 8.73% of the participants. Women with PCOS exhibited the highest mean body mass index (29.5 ± 5), elevated fasting glucose (5.23 ± 0.97 mmol/L), and increased insulin resistance (HOMA-IR 3.06 ± 2.8 , $p < 0.01$). Their lipid profiles were also more atherogenic, with elevated triglycerides (1.93 ± 1.11 mmol/L, $p < 0.001$) and reduced HDL cholesterol (1.31 ± 0.47 mmol/L, $p < 0.001$). Hormonal assessment showed elevated luteinizing hormone (13.9 ± 9.5 mIU/mL, $p < 0.001$) and testosterone (1.47 ± 1 nmol/L, $p < 0.01$). **Conclusion:** Findings underline the severity of metabolic disturbances in PCOS, reinforcing the importance of integrated diagnostic and therapeutic approaches. The updated FIGO 2022 classification provides a valuable framework for understanding anovulatory disorders and their systemic impact.

Oydalanilgan adabiyotlar ro'yxati:

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