Indian Journal of Basic and Applied Medical Research; June 2015: Vol.-4, Issue- 3, P. 227-236

**Original article**

**Overweight/Obesity and metabolic syndrome in women with polycystic ovary syndrome**

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**Abstract**

**Introduction:** Polycystic ovary syndrome (PCOS) is a common problem among women in south Asia. It is closely associated with metabolic syndrome (MetS) that is characterized by a cluster of co-morbidities. The aim and objective of the study was to evaluate the prevalence of the MetS and its features in women with PCOS in a small population from south India and classify them on the basis of body mass index (BMI).

**Methods**: Women affected with PCOS as assessed by ESHRE/ASRM criteria, were grouped into normal, underweight and overweight/obese groups based on BMI. Central obesity was assessed by measuring the waist circumference (WC). Blood pressure measurements and biochemical variables such as fasting blood glucose and lipid profile required for assessing the MetS were carried out.

**Results:** Our study has established that a considerable portion of nearly 30% of the PCOS women was suffering from MetS who were also overweight or obese. The results also showed that nearly 80% of the PCOS subjects had abdominal obesity that was supported by high WC and a good number of the subjects had exhibited hypertension, low high density lipoprotein and hypertriglyceridemia.

**Conclusion:** The suggestion that, PCOS may represent the manifestation of the MetS due to a strong link with obesity appears very appropriate.

**Key words:** Obesity, polycystic ovary syndrome, metabolic syndrome