

Contents

1. PCOS: Introduction and Epidemiology	1
<i>Poonam Goyal, Dhaval Baxi</i>	
2. Pathophysiology in PCOS.....	4
<i>Aruna Verma, Mohita Agarwal</i>	
3. PCOS its Root in Womb	14
<i>Charmila Ayyavoo, Priyankur Roy</i>	
4. Diagnosis of PCOS.....	18
<i>Deeba Khanam, Shaheen Anjum</i>	
5. Ultrasound in PCOD	23
<i>Poonam Goyal, Vishwajeet A Burungale, Pallaavi Goel</i>	
6. PCOS in Adolescents	30
<i>Dhara Singh, B Aruna Suman</i>	
7. Metabolic Syndrome and PCOS	44
<i>Parul Sinha, Amrita Singh</i>	
8. Insulin Resistance in PCOS	50
<i>Aruna Verma, Vandana Verma</i>	
9. Hirsutism and Hyperandrogenism in PCOS	56
<i>K Geetha</i>	
10. Psychological Aspects of PCOS	65
<i>Deepa Chaudhary, Suman Chaudhary, Gaurav Rajender</i>	
11. Sleep Apnea and PCOS	73
<i>Anand Srivastava, Parul Sinha</i>	
12. Role of Micronutrients in PCOS.....	81
<i>Priti Kumar, Sangeeta Rai</i>	
13. Gut Microbiome and PCOS.....	86
<i>Ruchika Garg, Soniya Dhiman, Akanksha Gupta</i>	
14. Endocrine Disruptors in PCOS	92
<i>Neha Kapoor, Ruchika Garg, Poonam Goyal</i>	
15. Protisol/Nutraceuticals in PCOS.....	95
<i>Neharika Malhotra, Narendra Malhotra, Ramesh Patodia</i>	

16. Clinical Spectrum of PCOS.....	100
<i>Vidya Thobbi, Parul Sinha</i>	
17. PCOS in Peri and Post Menopause	104
<i>Dolly Mehra</i>	
18. Cancer in PCOS	112
<i>Sarita Kumari, Neerja Bhatla</i>	
19. Lifestyle Interventions in PCOS	116
<i>Prerna Keshan</i>	
20. Medical Management of PCOS	121
<i>Mousumi Das Ghosh</i>	
21. Surgery in PCOS	128
<i>Sunita Tandulwadkar, Swapnil Langde, Rashmika Gandhi</i>	
22. Infertility in PCOS.....	136
<i>Kundan Ingale, S Ashok Kumar</i>	
23. Ovulation Induction in PCOS	142
<i>Nandita Palshetkar, Tanushree Pandey Padgaonkar, Rohan Palshetkar</i>	
24. Role of Adjuvants in PCOS.....	149
<i>Bhavna Mittal, Chandana Bhatt, Poonam Goyal</i>	
25. ART in PCOS.....	154
<i>Rohan Palshetkar, Nandita Palshetkar, Mayuri More</i>	
26. Pregnancy in PCOS	161
<i>Jaideep Malhotra, Parul Sinha, Asha Baxi</i>	
27. Bariatric Surgery in PCOS.....	167
<i>Subash Mallya, Sonalica Suresh</i>	
28. Aesthetics in PCOS	173
<i>Ragini Agrawal, Natasha Vijayendram</i>	
29. Sequelae of PCOS.....	180
<i>Shama Batra, Vandana Gupta</i>	
30. PCOS in Indian Scenario	186
<i>Sadhana Gupta, Shikha Sachan, Mamta</i>	
Annexure	199
Index.....	217