



The effect of polycystic ovarian syndrome and its treatment on infertility

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Introduction:

Polycystic ovarian syndrome is a complex Endocrine Disorder with a Prevalence between 5-15% depending on the population studied and definitions used in women's reproduction age. It can affect reproduction, metabolism, and psychological features. Although it can present several signs and symptoms, Infertility is a prevalent presenting feature of PCOS And the reason for that is the cycles without ovulation.

materials and methods:

This systematic review study was conducted in MAGIRAN, IRANDOC, SCIENCE DIRECT, SCOPUS, PUB MED, and GOOGLE SCHOLAR search engines in the period 2018 so far. A total of 26 initial articles were obtained, 11 were discarded due to inconsistency of abstracts, and 15 articles were reviewed.

Result:

The therapeutic plan should be tailored to the patient's pheno- type, complaints, and reproductive desire. Medical treatments have not seen any breakthroughs in recent years. Of note, the aromatase inhibitor letrozole seems to be more effective than the reference drug Clomiphene citrate (CC) to treat infertility due to PCOS.

Conclusion:

Approximately 90% of non-ovulatory infertility is caused by PCOS. although it has got plenty of Treatment methods for PCOS are comprising; such as Weight loss, Lifestyle modification, Obesity drugs, bariatric surgery, Ovulation induction, CC, Etc... their use varies depending on the patients