PCOS and pregnancy: what should we care about?

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Infertility is a widely disputed problem affecting patients suffering from PCOS. As a serious dysfunction, it frequently occurs in PCOS patients. It is therefore important to devote more attention to pregnancy in PCOS sufferers.

According to various data, the risk of miscarriage in PCOS women reaches from 30% to 50%, which is three times higher than the risk of miscarriage in healthy women.

Unfortunately, the risk of most frequent pregnancy pathologies is also higher for PCOS patients, as gestational diabetes, pregnancy induced hypertension and preeclampsia, small for gestational age children (SGA).

Impaired glucose tolerance in pregnant PCOS patients can be observed in 31% to 35% cases, as opposed to 1.6% of all cases in the population of healthy women. Gestational diabetes occurs three times more frequently in PCOS patients than in healthy women.

A quadruple increase in the risk of pregnancy induced hypertension linked to arterial wall stiffness has also been observed.

The risk of preeclampsia, the most severe of all complications, is also four times higher in those suffering from PCOS. Preeclampsia is also more frequent in patients presenting additional risk factors accompanying PCOS, such as obesity or gestational diabetes.

At that point, it should be mentioned that PCOS patients are under 2.5 higher risk of giving birth to small for gestational age children (SGA) than healthy women. It appears SGA can be linked to insulin resistance and insulin dependent growth dysfunction.

Therefore PCOS pregnant women are patients of special obstetrical care.