LIPID PROFILE IN PATIENTS WITH PCOS

Introduction: Polycystic ovary syndrome (PCOS) is an endocrine disorder presented in 5-10% of women, in which evidence atherogenic pattern with increased triglyceride (TG), decreased HDL and increased LDL. Objective: To analyze in PCOS, the relationship between this disease with lipid metabolism disorders. Methods: We performed a prospective, descriptive and transversal study. The sample consisted of 31 patients with PCOS between 18 and 40 years, who met the inclusion criteria, between March and September 2013. We determined serum lipids and correlated with body mass index (BMI), waist circumference (WC), and presence of oligomenorrhea (OA), using for this purpose the Pearson correlation coefficient. Results: 38.71% (12/31 patients) have total cholesterol (TC) >200 mg/dL. 87.10% (27/31 patients) had HDL cholesterol <50 mg/dL. 64.52% (20/31 patients) have HDL levels >100 mg/dL. 74.19% (23/31 patients) had values of TG >150 mg/dL. Altogether, 74.19% (23/31 patients) showed mixed dyslipidemia and 19.35% (6/31 patients) have only hypercholesterolemia. The correlation between BMI and CT is 0.30 (low correlation). The correlation between BMI and HDL is -0.25 (low correlation). The correlation between BMI and TG is 0.05 (low correlation). The correlation between CA and CT is 0.33 (low correlation). The correlation between CA and HDL is -0.36 (low correlation). The correlation between CA and TG is 0.12 (low correlation). The correlation between patients with OA and CT is 0.04 (low correlation). The correlation between OA and HDL is 0.13 (low correlation). The correlation between OA and TG is 0.04 (low correlation). Conclusions: Dyslipidemia is common in patients with PCOS. These alterations being independent of BMI and WC. The most frequent alterations were decreased HDL (87.10%) and elevated TG (74.19%), these alterations in the lipid profile increase the cardiovascular risk.