Life style changes impact of sexual life in young women diagnosed with PCOS

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Objectives: To observe the association of weight loss (more than 10%), body image changes, decrease of hiperandrogenemia and sexual satisfaction in PCOS young female patients.

Design and Methods: Prospective intervention study: 56 cases of PCOS (Rotterdam 2003 criteria), aged 28,45±3.4 years, after excluding hypothyroidism, 21 hydroxilase and endogenous hypercortisolemia. Clinical, TVU, metabolic and hormonal profile were performed. At the beginning after 1, 3, 6 respectively 12 months of follow-up. Serial Body Exposure during Sexual Activities Questionnaire (BESAQ) was administrated. Control group = 32 PCOS cases noncompliant for life style changes intervention.

Results: In 12 months of follow-up, there was a medium weight loss of 18,2±4,7 kg, (18,8% of initial weight p < 0,02). Menstrual cycle problems, acne and seborrhea were significantly less frequent. Hirsutism as measured with Ferriman Gallwey scale did not vary significantly after 6 months (11,824±3,022 versus 12,035±3,088) but was significant lower after 12 months (9,24±2,11). Biochemical hyperadrogenemia decreased significantly: 38,2% - 44,5% decrease in calculated free testosterone (mean value 0,005 nM/L) 44,2% - 56,7% DHEAS decrease. LH/FSH ratio decreased from 2,27±0,44 to 1,75±0,32/ 1,54±0,34. The ratio became normal in 49/56 cases, with a mean decrease of 27%.

There was a direct correlation between the decrease in testosterone levels and decreased in BESAQ score (r = 0,76, p <0,05). BESAQ score and FSFI score were in indirect relationship.

Conclusions: Significant and sustained weight loss ameliorates significantly the clinical and biochemical hyperandrogenism. Despite of this decrease, there is a amelioration in sexual satisfaction and body image concerns.

Conflict of Interest / Disclosure: There is no financial conflict of interest.