

The Effect of self-care strategies on symptom management of polycystic ovary disease (PCOS): a systematic review

Hadis Moradi Farsani

Instructor, department of midwifery, Shoushtar faculty of medical sciences, Shoushtar, Iran

Introduction:

Polycystic Ovary Syndrome (PCOS) is a prevalent hormone imbalance disorder affecting women, characterized by irregular menstrual cycles and the presence of cysts on the ovaries. The symptoms of PCOS can have significant impacts on fertility, weight management, and mental health. This emphasizes the importance of effective self-care strategies for managing the symptoms associated with PCOS. It points out that addressing these symptoms through self-care is crucial for improving the overall well-being and quality of life of individuals with PCOS.

Method:

We conducted a thorough search on scientific databases including Google Scholar, Web of Science, and Pubmed using specific keywords related to polycystic ovary syndrome (PCOS), self-care, PCOS symptoms, and self-care strategies. By utilizing Boolean operators and filters to refine the search results to include only relevant study types and recent publications (2010-2024), we identified a total of 22 articles that aligned with our research objectives. Ultimately, 18 of these articles were selected for inclusion in our work based on their relevance and types.

Results:

The self-care strategies investigated included lifestyle modification (diet, exercise, stress management), pharmaceutical interventions (herbal supplements, probiotics), and a combination of these approaches. The findings showed that lifestyle modification, especially diet and exercise, is effective in improving metabolic parameters such as insulin resistance, lipid profile, and body weight. It was also found that exercise reduces androgen levels and improves ovulation. Herbal supplements, such as metformin and inositol, have shown promising results in the management of hormonal imbalance, insulin resistance, and fertility outcomes.

Conclusion:

Self-care strategies are crucial for PCOS symptom management. Lifestyle modifications, especially diet and exercise, are proven effective. Herbal supplements and other pharmacological interventions offer potential additional benefits.



Reference:

1. Park, Jung-Hyun et al. "Study of the association of the T869C polymorphism of the transforming growth factor- β 1 gene with polycystic ovary syndrome." *Molecular medicine reports* vol. 12,3 (2015): 4560-4565. doi:10.3892/mmr.2015.3896
2. Singh, Samradhi et al. "Polycystic Ovary Syndrome: Etiology, Current Management, and Future Therapeutics." *Journal of clinical medicine* vol. 12,4 1454. 11 Feb. 2023, doi:10.3390/jcm12041454
3. Arentz, Susan et al. "Herbal medicine for the management of polycystic ovary syndrome (PCOS) and associated oligo/amenorrhoea and hyperandrogenism; a review of the laboratory evidence for effects with corroborative clinical findings." *BMC complementary and alternative medicine* vol. 14 511. 18 Dec. 2014, doi:10.1186/1472-6882-14-511
4. Ligocka, Natalia et al. "Quality of Life of Women with Polycystic Ovary Syndrome." *Medicina (Kaunas, Lithuania)* vol. 60,2 294. 9 Feb. 2024, doi:10.3390/medicina60020294
5. Patel, Archan et al. "Exploring Melatonin's Multifaceted Role in Polycystic Ovary Syndrome Management: A Comprehensive Review." *Cureus* vol. 15,11 e48929. 16 Nov. 2023, doi:10.7759/cureus.48929
6. Huddleston, Heather Gibson et al. "Productivity loss due to polycystic ovary syndrome and its relationship to race, mental health and healthcare delivery indices." *F&S reports* vol. 5,2 157-163. 15 Feb. 2024, doi:10.1016/j.xfre.2024.02.004
7. Buggio, Laura et al. "Self-management and psychological-sexological interventions in patients with endometriosis: strategies, outcomes, and integration into clinical care." *International journal of women's health* vol. 9 281-293. 2 May. 2017, doi:10.2147/IJWH.S119724
8. Li, Yujing et al. "Comparing the individual effects of metformin and rosiglitazone and their combination in obese women with polycystic ovary syndrome: a randomized controlled trial." *Fertility and sterility* vol. 113,1 (2020): 197-204. doi:10.1016/j.fertnstert.2019.09.011
9. Kumar, Pratap, and Shweta Arora. "Orlistat in polycystic ovarian syndrome reduces weight with improvement in lipid profile and pregnancy rates." *Journal of human reproductive sciences* vol. 7,4 (2014): 255-61. doi:10.4103/0974-1208.147492
10. Laganà, Antonio Simone et al. "Inositol in Polycystic Ovary Syndrome: Restoring Fertility through a Pathophysiology-Based Approach." *Trends in endocrinology and metabolism: TEM* vol. 29,11 (2018): 768-780. doi:10.1016/j.tem.2018.09.001
11. Pundir, Jyotsna et al. "Overview of systematic reviews of non-pharmacological interventions in women with polycystic ovary syndrome." *Human reproduction update* vol. 25,2 (2019): 243-256. doi:10.1093/humupd/dmy045
12. Showell, Marian G et al. "Inositol for subfertile women with polycystic ovary syndrome." *The Cochrane database of systematic reviews* vol. 12,12 CD012378. 20 Dec. 2018, doi:10.1002/14651858.CD012378.pub2



12th International Conference on

Obstetrics, Infertility
and Mental health

Event Place: Tbilisi, Georgia

www.wmconf.ir

دوازدهمین کنفرانس بین‌المللی

زنان، بارزایمان، ناباروری و بهداشت روانی | گرجستان



12th International Conference on Obstetrics, Infertility and Mental health
PUBLISH IN JOURNALS ۲۴ شهریور ماه ۱۴۰۳

13. Fitz, Victoria et al. "Inositol for Polycystic Ovary Syndrome: A Systematic Review and Meta-analysis to Inform the 2023 Update of the International Evidence-based PCOS Guidelines." *The Journal of clinical endocrinology and metabolism* vol. 109,6 (2024): 1630-1655. doi:10.1210/clinem/dgad762
14. Manouchehri, Aliasghar et al. "Polycystic ovaries and herbal remedies: A systematic review." *JBRA assisted reproduction* vol. 27,1 85-91. 30 Mar. 2023, doi:10.5935/1518-0557.20220024