

ASSESSMENT OF NUTRIENT INTAKE AND DIETARY PATTERN OF WOMEN WITH PCOS WHO VISIT REPRODUCTIVE MEDICINE UNIT OF A TERTIARY CARE HOSPITAL

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BACKGROUND: PCOS is an increasingly important endocrine disease that can lead to infertility in future or in severe stage. Hypothyroidism and oxidative stress play important role in etiopathogenesis of Polycystic ovarian syndrome. PCOS is usually diagnosed by ultrasound and can detect by its symptoms. Though, all the symptoms are not visible among all and sometime female stays undiagnosed as they ignore their symptoms.

OBJECTIVE: The study was carried out to assess the nutrient intake and dietary pattern and mistake; life style pattern and mistake of women with PCOS who visit Reproductive Medicine Unit of a Tertiary care hospital.

MATERIALS AND METHODS: A total of 75 subjects who were in their reproductive age, undergoing infertility treatment in Reproductive Medicine Unit of Christian Medical College, Vellore, who met the inclusion criteria were included in the study. All of the subjects were diagnosed with PCOS and infertility. Nutritional status was assessed by looking at their anthropometric measurements (using BMI and WHR) and nutrient intake was calculated by using three days 24 hour dietary recall method and dietary pattern was evaluated by using lifestyle questionnaire and food frequency questionnaire.

RESULTS: Out of the total 75 subjects 82.7% had obesity with a noticeable pattern of fat accumulation type .There was a strong association between nutritional status and factors such as financial dependency, functional status, co morbidities, educational status, sedentary lifestyle, was found to be significant. We also found that the macro nutrient intake was higher than the recommendation; micronutrient intake was lesser than recommendation.

CONCLUSION: Over feeding , micro nutrition deficiency, lifestyle mistake is a widespread issue among the women with PCOS and further research is required in this area.

KEY WORDS: Nutrient intake, PCOS, reproductive age, lifestyle and dietary patter, nutritional status, anthropometrics