Self-reported prevalence of Polycystic Ovary Syndrome in a population sample

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Introduction

• Polycystic Ovarian Syndrome (PCOS)
  – chronic women’s health condition associated with
    • reproductive,
    • metabolic, and
    • psychological features
  – affects 5 to 18% of women of a reproductive age in Australia

Methods

• The South Australian Health Omnibus Survey (SAHOS) 2015
• N= 3005 (1527 women) aged 15 years and over
• Face to face survey
• Conducted every year since 1990, sometimes twice
• We asked “Have you even been diagnosed with Polycystic Ovary Syndrome?” as well as questions about pregnancy, birth, incontinence, treatment and pre-pregnancy weight
Results

• Prevalence of PCOS in this population was 5.6% (95% CI: 4.6 – 6.9)

• Age: 30.8% 15-34 years, 43.4% 35-54 years, 35.9% 55 years plus.
  – Those aged 35-44 years OR: 2.34 (p = 0.038).

• In women with PCOS (18 years and over):
  – 34.2% Underweight or Normal,
  – 28.9% Overweight,
  – 36.9% Obese: (OR= 1.98 p=0.016)

• In women with PCOS (15 years and over):
  – 19.0% had been told by doctor they had diabetes (OR= 2.62 p=0.001)
  – 30.8% had been told by doctor they had asthma
  – 19.6% were current smokers (OR= 1.85 p=0.043)
  – 9.0% Excellent, 31.3% Very Good, 40.0% Good (OR=2.92, p=0.009), 13.2%
    Fair, 6.6% Poor (OR= 3.64, p=0.025).
  – MCS = 52.47, PCS = 48.63.
Conclusion

• Our prevalence rate was similar to previous SA studies.
• This represents a critical clinical and research gap as:
  – obesity has profound medical, public health and economic implications for the health of PCOS women;
• However in Australia, PCOS is poorly funded
  – Difficult diagnosis – work is being done to rectify this
  – Confusing name - name change is on the horizon
  – Calibre of researcher – Australia world leader – CRE in PCOS
• Ultimately, findings will lead to the generation of new knowledge for better and more accessible care for women with PCOS.
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