

American Association of Clinical Endocrinologists (AACE) Treatment Guidelines for PCOS

Treatment should focus on the following:

1. Recognizing the syndrome early.
2. Encouraging lifestyle modification, emphasizing controlled eating patterns and regular exercise.
3. Screening for diabetes and insulin resistance.
4. Managing lipid abnormalities with dietary modification, weight loss and/or medications as necessary.
5. Treating high blood pressure.
6. Measuring atherogenic markers such as CRP (for risk of heart disease).
7. Consideration of Metformin therapy as initial intervention in most women with PCOS.
8. Using an oral contraceptive pill or anti-androgens for skin problems associated with PCOS.
9. Using thiazolidinediones (TZDs) in patients with impaired glucose tolerance (pre-diabetes) or diabetes.

Additionally, I recommend treatment to include:

- ❖ Monitoring and remedying common vitamin deficiencies associated with PCOS, such as vitamin B12 and vitamin D deficiency. Vitamin B12 should always be added to Metformin therapy.
- ❖ Correcting hormone imbalances to protect against cancer of the uterus and for the physical and emotional benefits of hormone balancing.