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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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