

## PROTOCOL: Polycystic Ovary Syndrome

Assessment	
<b>Health history</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Prediabetes/insulin resistance/diabetes/metabolic syndrome</li><li><input type="checkbox"/> Hypothyroidism</li><li><input type="checkbox"/> Hyperprolactinemia</li><li><input type="checkbox"/> Enzymatic steroidogenic abnormalities (e.g., 21-hydroxylase)</li></ul>
<b>Symptoms</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Oligomenorrhea (&gt;q35 days)</li><li><input type="checkbox"/> Hirsutism (dark, coarse facial and body hair)</li><li><input type="checkbox"/> Acne</li><li><input type="checkbox"/> Weight gain/overweight/obesity</li><li><input type="checkbox"/> Thinning head hair</li><li><input type="checkbox"/> Irritability, depression, or anxiety</li><li><input type="checkbox"/> Infertility or subfertility</li><li><input type="checkbox"/> Uncontrollable cravings</li></ul>
<b>Physical signs</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> BIA/anthropometrics</li><li><input type="checkbox"/> Dark, velvety skin patches (acanthosis nigricans)</li></ul>
<b>Labs</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Genomics: FTO, ADRB2</li><li><input type="checkbox"/> Serum: fasting glucose and insulin or 2-hour glucose challenge test</li><li><input type="checkbox"/> Hemoglobin A1C</li><li><input type="checkbox"/> Free and total testosterone</li><li><input type="checkbox"/> 25-Hydroxyvitamin D</li><li><input type="checkbox"/> LFTs (ALT/GGT)</li><li><input type="checkbox"/> Thyroid panel</li><li><input type="checkbox"/> Consider: leptin, ANA</li></ul>
<b>Rx/OTC directions</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Oral contraceptives</li><li><input type="checkbox"/> Metformin</li><li><input type="checkbox"/> Spironolactone</li><li><input type="checkbox"/> Eflornithine cream</li></ul>
<b>Other considerations</b>	Common endocrine disruptors: <ul style="list-style-type: none"><li><input type="checkbox"/> BPA</li><li><input type="checkbox"/> Nickel</li><li><input type="checkbox"/> Copper</li><li><input type="checkbox"/> Phthalate</li></ul>
<b>Notes:</b>	

Foundational				
Focus	Nutritional Recommendations	Quantity	Frequency	Notes
Foundational	<input type="checkbox"/> Improve dietary quality and quantity <input type="checkbox"/> Elimination diet: Remove inflammatory/antigenic foods, preservatives, pesticide residues, and additives <input type="checkbox"/> Consider time-restricted feeding such as 16/8, or fasting mimicking diet <input type="checkbox"/> Consider ketogenic diet			
	<input type="checkbox"/> Multivitamin			
	<input type="checkbox"/> Omega-3 fatty acids			
	<input type="checkbox"/> Inositol			
	<input type="checkbox"/> Magnesium			
	<input type="checkbox"/> Vitamin D			
	<input type="checkbox"/> Folate			
	<input type="checkbox"/> Alpha-lipoic acid			
Herbal support	<input type="checkbox"/> Berberine			
Other Herbal Support Considerations				
	<input type="checkbox"/> Cinnamon ( <i>Cinnamomum</i> species)			
	<input type="checkbox"/> Catechins from decaffeinated green tea ( <i>Camellia sinensis</i> )			
	<input type="checkbox"/> Chasteberry ( <i>Vitex agnus-castus</i> )			
	<input type="checkbox"/> Ashwagandha			
	<input type="checkbox"/> Peony ( <i>Paeonia lactiflora</i> )			
	<input type="checkbox"/> Licorice ( <i>Glycyrrhiza glabra</i> )			

## References

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