LOSING WEIGHT, GAINING FERTILITY

Protocol and preliminary results of a multidisciplinary lifestyle program for overweight women with polycystic ovary syndrome (PCOS).

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INTRODUCTION

Polycystic ovary syndrome (PCOS) is a common endocrine disturbance that affects 5–10% of women in their reproductive years. Losing as little as 5 to 10% of the initial body weight improves all clinical features and often leads to spontaneous ovulation and pregnancy in women with PCOS. Therefore, the aim of this study is to investigate the effect of a multidisciplinary lifestyle program on body mass index (BMI) as well as on reproductive outcomes in women with PCOS.

PARTICIPANTS

Inclusion criteria:
• PCOS (Rotterdam consensus)
• BMI >25 kg/m²
• 18 to 38 years old
• wish to have a child

Exclusion criteria:
• inadequate commanding of the Dutch language
• obesity with another somatic cause
• ovarian tumours
• other malformations of internal genitalia
• pregnancy

OBJECTIVES

1) Changing dietary habits
• Education about healthy food
• Learning to read food labels
• Recognizing of emotional eating and dealing with temptation

2) Encouraging and promoting physical activity
• How to exercise with overweight/obesity
• Making exercising more fun
• Implementing physical activity in everyday life
• Aware of the positive effects of physical exercise

3) Changing behaviours and cognitions
• Formulating individual goals
• Feedback on performance and behaviour
• Encouragement of positive behaviour change
• Changing negative cognitions
• Assertiveness training and role play

4) Activating social support
• Sharing experiences with other participants
• Supporting each other
• Partner and/or family meetings

PRELIMINARY RESULTS

<table>
<thead>
<tr>
<th>Start N=48</th>
<th>3 months N=36</th>
<th>6 months N=29</th>
<th>9 months N=21</th>
<th>12 months N=15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular Cycle</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Treatment</td>
<td>0%</td>
<td>8%</td>
<td>14%</td>
<td>38%</td>
</tr>
<tr>
<td>Control</td>
<td>0%</td>
<td>0%</td>
<td>7%</td>
<td>5%</td>
</tr>
<tr>
<td>FAI</td>
<td>Treatment</td>
<td>7.5 [5.9–11.8]</td>
<td>5.4 [3.4–7.9]</td>
<td>6.8 [4.7–9.1]</td>
</tr>
</tbody>
</table>

CONCLUSION

Based on preliminary results it seems that a multidisciplinary cognitive-behavioural lifestyle program (treatment) leads to a greater sustainable weight loss in women with PCOS and obesity or overweight than usual care (control).

By changing dietary habits and improving physical activity through activating social support and changing behaviours as well as cognitions it is expected that clinical and biochemical PCOS features, as well as reproductive, anthropomorphic, and psychological outcomes will change.

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