

### ***13. Management of Overweight and Obesity***

Overweight and Obesity, especially abdominal Obesity (a wider waist circumference), is seen in 50-60% of PCOS cases. A weight reduction of 5-10% reduces insulin resistance, regulates the menstrual cycle, improves fertility, reduces male hormone levels with improvement in Hirsutism and Acne, and enhances psychological well-being. PCOS is five times more common in older Premenopausal women who are overweight or obese and have difficulty losing weight. These women require evaluation for PCOS signs such as menstrual irregularity, premature amenorrhea, and hirsutism. The strategies for weight management are:

**a). Food and lifestyle balance** – As outline above

**b). Medications to lower Insulin resistance-** Two medicines that help reduce insulin resistance are the Metformin and TZDs (Thiozolidendiones) group of drugs as outlined above.