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**Polycystic ovary syndrome: An emerging public health challenges****Raminder Kaur and Maninder Kaur**  
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Polycystic ovary syndrome is one of the common endocrine dysfunction in women of reproductive age and is responsible for heterogeneous and manifold disorders. It is associated with enhanced risk of morbidity in terms of both reproductive and non-reproductive events such as increased possibility of cardio-metabolic, obstetric, oncology and psychological complication throughout the life span. The major determinants for these diseases are obesity, raised glucose level, raised cholesterol, physical inactivity, decreased vegetables and fruit intake and high blood pressure etc. PCOS patients not only show classic cardiovascular risks such as hypertension, diabetes mellitus and dyslipidemia, but also non-classic cardiovascular risks factors like mood disorder, depression and anxiety. Overall obesity is common among PCOS women and it further worsens the health status of women. Women suffering from PCOS exhibit higher prevalence of abdominal body fat as compared to their obese non PCOS counterparts. Currently, it is unclear whether long term risks are due to PCOS or obesity. Previous literature illustrated that androgen excess may be primary cause of fat deposition particularly visceral fat and leads to insulin insensitivity which is significantly reduced in obese and overweight PCOS women and further promote androgen excess. PCOS being a hidden epidemic across globe and needs awareness in diagnosis and management of the disorder with lifestyle modification like physical activity and diet.

**Biography**

Raminder Kaur has received her MSc in Anthropology from Panjab University, Chandigarh, India. She is a Junior Research Scholar (UGC) in the Department of Anthropology, Panjab University, India. Her current PhD research work is on polycystic ovary syndrome.

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