

7th World Congress on Polycystic Ovarian Syndrome & Infertility

July 06, 2023 | Webinar

Cosmetology and PCOS

Statement of the problem:- PCOS is an endocrinological disorder with metabolic, cutaneous, and reproductive manifestations. The incidence of the global epidemic has raised to 1 in every 5 women. Insulin resistance and hyperandrogenemia are contributing to cosmetic issues and lower the health quality of life (HQOL). The purpose of this study is to assess the body shaming features of PCOS and impact of targeted modalities.

Methodology:- We studied 274 patients in the 17-45 year age group, between January 2017 to February 2023 and the management includes lifestyle modification with insulin sensitizers and targeted cosmetic modality for PCOS phenotypes. 115 patients presented with hirsutism and mild to severe hirsutism was treated with a diode laser. Acanthosis nigricans was observed in 110 patients with pigmentation on the nape of neck, underarms, vulva, and labia which were treated with chemical peeling, PRP facial, and CO2 laser. 79 patients with acne scars on basis of depth were treated with CO2 laser, derma roller, and nano-fat grafting. 44 patients with alopecia were treated with platelet-rich fibrin therapy. Stubborn fat was removed by liposuction in 25 patients including 5 breast reductions in heavy breasts. Vaginal rejuvenation for vaginal laxity was done in 34 patients. 1 patient with severe hyperandrogenism presented with clitoromegaly for which clitoroplasty was done. 5 patients presented with labial enlargement for which we performed labiaplasty.

Results:- Targeted cosmetic invasive and noninvasive therapy provided relief to 99% of patients in terms of HQOL and decreased psychological morbidity. 6-8 sittings of noninvasive therapy diode, CO2 laser, chemical peeling, and PRP provided 95-98% relief. Cosmetic invasive surgery relieved them of the mental agony of body shaming.

Conclusion:- The amalgamation of cosmetology for full body enhancement in PCOS elevates their self-confidence. Multidisciplinary techniques when added to conventional treatment bring fast results and motivate patients to be compliant with the treatment.

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Biography

Dr. Shradha Goel is the Director and founder of PCOSmetic Gyne Clinic, Jaipur, India which is a unique center of its type in the region. She has a passion to provide sophisticated and novel solutions for entire phenotypes of PCOS under one roof. She has done detailed research for years to study lifestyle modification in PCOS patients and came up with an integrated & scientific model to open new pathways for the best treatment. She follows a personalized approach where patients of PCOS are taught the pathogenesis of the disorder so as to learn how to increase insulin sensitivity. Combining cosmetology and functional gynecology for the treatment of cosmetic phenotypes of PCOS helped her patients to enhance their self-confidence. She believes in the multidisciplinary approach to treating PCOS. She has completed her medical school with MBBS and Master in Obstetrics and Gynecology from the esteemed Institute of Medical Sciences, Banaras Hindu University Varanasi.

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