

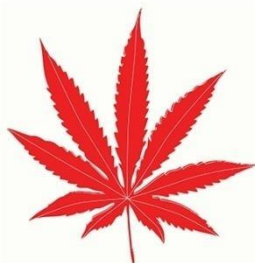


12<sup>th</sup> Pak Pharma Healthcare Expo

## 4<sup>th</sup> Pakistan Food -Nutrition International Summit 2023

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### Conference Abstract

## RELATIONSHIP BETWEEN PCOS AND OMEGA 3 FATTY ACID

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#### Abstract

PCOs is common reproductive endocrine disease which affect almost 6–10% of women of reproductive age and associated with a variety of factors, including menstrual irregularity, insulin resistance, diabetes, and obesity. A strong relationship found between cardiovascular risk factors and polycystic ovary syndrome (PCOS), and omega-3 fatty acids. Fatty fish, such as salmon and tuna, and fish oil are rich sources of the omega-3 fatty acids. Omega-3 fatty acids are antithrombotic and anti-inflammatory and used to treat PCOs, hyperlipidemia, hypertension, and rheumatoid arthritis. It Helps in reduction of insulin resistance, improves lipid profile inflection and have positive impacts in improving the productive and reproductive hormones. Studies have further established that insulin resistance is very much limited to women with polycystic ovary morphology and chronic anovulation and Omega 3 fatty acids play an important role in the reduction of insulin resistance in such patients but with long term usage (6 months). Studies showed a significant decrease in serum TG levels in patients with PCOS after supplementation with fish oil. Lifestyle changes (diet, exercise and behavioral modification) When combined with anti-obesity agents (Omega 3), exert beneficial effects on the endocrine abnormalities of obese patients with PCOS and improve metabolic parameters.

**Keywords:** Endocrine, Omega-3 fatty acids, Insulin resistance, Reproduction

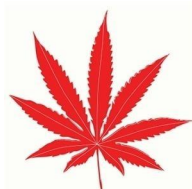
**Competing Interests:**

The authors declare no competing interests

Additional information is available at the end of the article.

**Declaration**

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