PANDORA

...The Newsletter of The PCOS Society of India

- Editorial
  Page 03

- Scientific Activities of the Last Quarter
  - 6th Annual Conference of The PCOS Society, India
    Page 06
  - Pre and Post Congress Workshops
    Page 07
  - PCOS Quizzes: Grand Finale
    Page 08
  - W3 Webinars
    Page 10

- PCOS Connect - Connecting the Unconnected
  - International PCOS Awareness Month Celebrations
    Page 09

- Important Announcements
  - Youth Brigade
  - ASPIRE membership
    Page 05

- Articles
  - Points of View: Calories Matter
    Page 04
  - Resveratrol in PCOS
    Page 11

- Welcoming Our New Members
  Page 02

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Homoeopath  

Arunjyoti Hazarika  
Physiotherapist  

Mohita Mascarenhas  
Nutritionist  

Suhasini Mudraganam  
Nutritionist

A beautiful poem on climate change

The Rainforest

Deep into the rainforests it’s a struggle to survive.  
From insects to plants, all wanting to thrive.  
Cutting down forests and trees aren’t helping.  
The flora and fauna of the rainforests are yelping. 
The animals and plants have nothing to say.  
The human’s orders they must obey.  
The trees give us oxygen that is going to waste.  
They give us supplements like food and paste.  
Without the rainforests we aren’t likely to survive.  
It would be hard for us to stay alive. 
The climate is changing because of our behaviour.  
We aren’t doing the world a favour. 
It’s our job to make sure the world is a happy place and it runs at a steady pace. 
The rainforests are the lungs our beloved planet Earth.  
We should know what they are worth. 
These forests are home to more than 50 percent of animals. 
From sloths to bears and many other mammals. 
The rainforest has a friend in me.  
So let’s once and for all let them be.

Introducing…

Reader’s Corner

Introducing a new interactive section in Pandora, which gives our readers an opportunity to interact with us. A space where you can send in your feedback & suggestions for the newsletter. So, do write to us and send in your thoughts.

eeditorpcossociety@gmail.com
Dear Friends

As we approach the end of the year 2021, our hopes are rising, our smiles are widening and we are awaiting a wonderful 2022! We are awaiting a year when we can travel as before, meet our near and dear ones, make new friends, see the world or just enjoy a meal together without worrying about the Big Bad Virus! We thank all those, especially our scientists who have been responsible for making this a reality!

This is our last issue of the Pandora for the year 2021. It covers all the exciting events we have had through August to November 2021. September is the month dedicated as the **International PCOS-Awareness Month** to connect with girls and women with PCOS across the nation! Through a multidisciplinary approach involving members of our Society, we reached out to thousands of women who watched and listened to us on how to overcome their problems related to PCOS, and also got their queries answered! This event also involved young college students who created beautiful prize winning slogans and posters through a competition. Watch the entire 3 hours event on the link given below.

The other event we were proud to host was the KBC - Style **Grand Finale of our Quiz**, with brilliant young minds answering the questions of the Quiz Master and carrying away huge cash prizes, watch the live event on the below mentioned link.

Our Series of **W3 Webinars** has continued with extremely positive feedbacks. These are great interactive discussions, very practical and easy to watch. Watch all episodes on the below mentioned link.

We are proud to announce the formation of the **Youth Brigade** of the PCOS Society, who will be officially inducted soon. I would like to personally congratulate all those who have been appointed and am looking forward to working with this enthusiastic and dynamic team! Check the list of the selected members on page 5 of this issue of the Pandora!

Please don’t miss the **Points of View** new section added to this Newsletter on page 4, where different minds give their point of view on debatable issues related to PCOS. I am sure you will find this extremely informative. Also don’t miss the lovely poem on **Climate Change** written by a little 10 year old girl. It reminds us that it is time for all of us as adults to do our bit to give our future generation a healthier world to live in. Do give your feedback and topics you would want to see in the next issue!

I would like to thank all my team members at the PCOS Society of India, for making all these activities real, all the Corporates who have supported our academic journey through the year, our staff for all their backend co-ordination and all our well-wishers for having the confidence in us and making us grow stronger year after year!

I would like to take this opportunity to wish you all a Merry Christmas and a Happy New Year!

With warm regards

**Links for viewing:**
- PCOS Awareness Month Celebration: [https://www.youtube.com/watch?v=mfEtc1pD2cs](https://www.youtube.com/watch?v=mfEtc1pD2cs)
- Grand Finale of our Quiz: [https://www.youtube.com/watch?v=9FzqNpyKBfi0ur](https://www.youtube.com/watch?v=9FzqNpyKBfi0ur)
- W3 Webinars: [https://pcosindia.org/webinars.php](https://pcosindia.org/webinars.php)
Calorie restriction is an effective way of weight reduction and improving metabolic profile. There are various ways in which calorie restriction can be achieved. One of the methods could be intermittent fasting (IF). Fasting is part of most religious disciplines. Fasting as a weight loss modality has gained popularity recently. There are various methods of fasting like 5:2 eat for 5 days and no eating for 2 days, Leangains, Dubrow diet and time restricted feeding. Among all these, time restricted feeding has become very popular—fasting for 16 hours and eating for 8 hours.

**Benefits of IF are many if done in the right manner**—increases longevity and decreases oxidative stress, lowering of blood pressure, cholesterol, blood sugar & weight loss. The side effects of fasting if not done under guidance of a health care provider include irritability due to hunger, hypoglycaemia (especially in individuals on insulins, sulphonylureas), constipation and acidity.

It is important to remember to follow a robust diet regimen during non-fasting period to avail benefits.

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**KETO DIET**

The keto diet is distinctive for its exceptionally high-fat content (70-80% of daily calories), reducing carbohydrate intake to less than 50 grams a day.

**PROS:**
- Reduces food cravings, helps reducing consumption of sugary foods
- Helps feel full for a longer period of time
- Allows inclusion of favourite high fat foods
- Over a shorter period of time (one year), results in a small but significantly greater reduction in weight | blood sugar | triglycerides | Blood pressure | insulin resistance

**CONS:**
- Maintaining a very high-fat diet with limited foods is challenging
- Fruits and many vegetables are eliminated, leading to multiple deficiencies of fiber, vitamins, minerals and antioxidants.
- Extreme carbohydrate restriction may lead to fatigue, low mood, irritability, constipation, headaches, and brain fog
- Long-term adherence may lead to hypercholesterolemia and increased risk of kidney stones, osteoporosis and hyperuricemia.
- Extremely low carbohydrate (<30%) intake is linked to higher mortality rates.
- Planning a vegetarian keto diet is a challenge.
- Expensive.

---

**Low Cal Diet for PCOS**

A PCOS individual can be lean or obese or lean obese. A low calorie diet is a recommendation for a PCOS patient, but the caveat is that this calorie restriction should come with quality intake.

The good quality proteins, good quality fats and good quality carbohydrates in the diet laden with dietary fibre and micronutrients within a restricted caloric intake is the cornerstone in the management of PCOS patients.

The role of a professionally qualified nutritionist in the management is a prerequisite for successful management.
Important Announcements

Welcoming our Youth Brigade!
A dynamic **22 member team** who will be groomed under our experienced 16 member Managing Committee for their next step into the Managing Committee.

Dr. Aakriti Gupta  
**MD OBGYN**

Dr. Aditi Godbole  
**MS OBGYN, DNB**

Dr. Aishwarya Npur  
**MS OBGYN**

Dr. Arohi Tasgaonkar  
**MS OBGYN**

Dr. Barsha Sahu  
**MS OBGYN**

Dr. Jwal Banker  
**MS, DNB, OBGYN**

Dr. Kavya Venkatappa  
**RGUHS, DNB(obg)-NBE**

Dr. Manjiri Valsangkar  
**MD OBGYN**

Dr. Nidaa Khan  
**MS OBGYN**

Dr. Shivani Verma  
**MS OBGYN**

Dr. Pallabi Nayaik  
**MS OBGYN**

Dr. Vinutha Hanji  
**MD OBGYN**

Dr. Zeel Shah  
**MD.DNB**

Dr. Swetha Ghatnatti  
**MS OBGYN**

Dr. Neha Mahajan  
**MD OBGYN**

Dr. Riddhi Desai  
**MS, PGDMLS**

Dr. Pallavi Sharma  
**DNB, MS.OBGYN**

Dr. Idhith Shah Gandhi  
**DNB, OBGYN**

Dr. Sheetal Sawankar  
**DNB, OBGYN**

Dr. Krutika Arunachalam  
**MD OBGYN**

Dr. Nagadeepthi Naik  
**DNB, OBGYN**

Dr. Shruti Thakkar  
**MS OBGYN**

Dr. Manjiri Valsangkar

Dr. Nidaa Khan

Dr. Shivani Verma

Dr. Pallabi Nayaik

Dr. Vinutha Hanji

Dr. Zeel Shah

Dr. Swetha Ghatnatti

Dr. Neha Mahajan

Dr. Riddhi Desai

Dr. Pallavi Sharma

Dr. Idhith Shah Gandhi

Dr. Sheetal Sawankar

Dr. Krutika Arunachalam

Dr. Nagadeepthi Naik

Dr. Shruti Thakkar

Aspire 2022

The 11th Virtual Congress of the Asia Pacific Initiative on Reproduction
Addressing the Challenges of Human Reproduction

**Thursday, 28 April - Sunday, 1 May, 2022**

Registration will open on 15 November 2021

**CALLING FOR ABSTRACT**
Submission deadline: 20 December 2021

**ASPIRE MEMBERSHIP DRIVE**
Quickly join us and be a part of this community that is filled with enthusiastic and forward thinking leaders in ART and infertility-related services.

**SPECIAL RATES** *(till May 2022 only)*

- 1-Year Membership (2022): SGD 25
- 2-Years Membership (2022-2023): SGD 50
- 3-Years Membership (2022-2024): SGD 75
- 4-Years Membership (2022-2025): SGD 100
- 5-Years Membership (2022-2026): SGD 125

*Usual rate per membership year is SGD 90

**WHAT DO MEMBERS GET?**
- Access to the ASPIRE Education Portal
- Reduced registration fees to ASPIRE Congress and Masterclasses
- Free access/Reduced reg fees to ASPIRE Webinars, Regional Meetings
- Newsletters and regular updates on ASPIRE’s activities
- Opportunity to participate in ASPIRE’s projects and regional events
- The right to attend and vote at ASPIRE’s Annual General meetings
- Be part of an ASPIRE Special Interest Group (SIGs) & forum

Visit [www.aspire-reproduction.org](http://www.aspire-reproduction.org) for information on membership subscriptions/renewals
Day 1

Opening Ceremony

Session 1: Understanding the origins of PCOS
- Kisspeptin, the new kid on the block | Alessandro Genazzani
- Evolution of OHSS over decades | Rina Agarwal
- Androgens, the havoc they create in PCOS | Chii Ruey Tzeng
- Discussion

Session 2: Tips and Tricks for IVF in PCOS women
- Ovarian Stimulation | Fady Sharara
- Luteal Support | Gamal Serour
- Adjuvant Therapies | Mohan Kamath
- Discussion

Session 3: Current Research in PCOS
- Insights on PCOS from The Women’s Health Study : a 26 years long ongoing study | Gita Mishra
- Gynaecological Cancer in PCOS | Madhuri Patil
- Should inositols be part of our treatment options? | Rob Norman
- Discussion

Session 4: Points of View
- Is there any place for surgical management of PCOS? | Tin Chiu Li
- Can PCOS cause Recurrent miscarriages? | Lesley Regan
- Is Measuring the waist circumference better than assessing BMI? | Piya Thakkar Ballani

Session 5: Invited Oral Communication

Day 2

Welcome

Session 6: Invited NIRRH Session

Session 7: Impact of PCOS on other Systems
- Liver - Are PCOS women more prone to NASH and NAFLD? | Madhumita Premkumar
- Musculoskeletal system – Are PCOS women more sarcopenic? | Meeta Singh
- Bone – Are PCOS women less prone to osteoporosis? | Tobie De Villiers
- Discussion

Session 5: PCOS and Metabolic syndrome
- Does the PCOS phenotype predict the risk of developing metabolic syndrome? | Clare Boothroyd
- Should Metformin be prescribed before and during pregnancy? | Uday Thanawala
- Is PCOS a risk factor for increasing severity of COVID infection? | Shashank Joshi
- Discussion

Session 9: PCOS at Forty Plus - Identifying issues and managing them
- Hormone therapy - Selecting the best protocol | Mary Ann Lumsden
- Anxiety and Depression | Kathleen Hoeger
- Is fertility preserved in PCOS women? | Anuja Dokras
- Discussion

Session 10: Hyperandrogenemia in PCOS
Moderator: Sonia Malik
- Panel Discussion: The cosmetic needs of Hyperandrogenic PCOS women – How best can we address them?
  Panelists: Gulrez Tyeekhan, Rasya Dixit, Anil Tibrewala, Dr. Anurag Lila

Concluding Session

Scientific Content ⭐⭐⭐⭐⭐
Speaker & Program Quality ⭐⭐⭐⭐⭐
Virtual Ambience ⭐⭐⭐⭐⭐
Practical Application ⭐⭐⭐⭐⭐

1996+ Delegates Registered

Our Faculty

Link to view the recordings : https://www.pcosindia.org/video-gallery.php
Our Collaborations: Pre and Post Congress Workshops

1342+ Delegates Registered

1222+ Delegates Registered

Link to view the recordings: https://www.pcosindia.org/video-gallery.php

Winning Posters

1st price winner
Diksha Sharma
ICMR-SRF (Ph.D. student) NIRRH, Mumbai

2nd price winner
Anupama Bahadur
Professor in Dept of Obs and Gynaec, AIIMS Rishikesh

3rd price winner
Roshan Dadachanji
ICMR-Post doctoral Fellow
Department of Molecular Endocrinology

Click to view the E-Posters: https://www.pcosindia.org/video-gallery.php
The Grand Finale Quiz on PCOS was organized by the PCOS Society of India on the 5th of September, 2021 through Docplexus platform with an educational grant from Inca Life Sciences, Sun Pharma. The super-six finalists after the two elimination rounds held earlier were Drs. Chandana Bhat, Nidhi Bhutani, Kavita Gadekar, Aakriti Gupta, Garima Gupta & Mangla Gowri. Dr Sabahat Rasool was the Quiz-convenor & moderator.

The Grand Finale started with an introduction of the contestants and rules of the quiz, followed by President Dr. Duru Shah’s message.

The quiz was split into three rounds. The first round had 5 questions per candidate, followed by visual & rapid-fire rounds. The scores were announced at the end of each round. To break the monotony and for some entertainment in between, there was a movie quiz which everyone, especially the nervous contestants appreciated & cherished!

The Quiz turned out to be a brilliant academic treat. All the contestants did fairly well and after a good couple of hours of grilling, we had our winners! Dr. Garima Gupta was the winner of the Quiz and she received a certificate & cash prize of INR 1,00,000. Drs. Aakriti Gupta & Kavita Gadekar were the first & second runners up and received a cash prize of INR 75,000 & 50,000, respectively. The rest of the contestants received a cash prize of INR 5,000 each. The prize distribution was followed by acknowledgments from the President of the PCOS Society of India, Dr. Duru Shah.

Winners:
- **First prize - Garima Gupta - Rs. 1,00,000**
- **Second prize - Aakriti Gupta - Rs. 75,000/-**
- **Third prize - Kavita Gadekar - Rs. 50,000/-**

Special Awardee Prizes to the Super Six Finalists:
- **Nidhi Bhutani Sood - Rs. 5000/-**
- **Chandana S. Bhat - Rs. 5000/-**
- **Mangala Gowri - Rs. 5000/-**

Event highlights:

- **PCOS EXCELLENCE AWARDS**
- **GRAND FINALE**
- **SUNDAY, 5TH SEPTEMBER 2021**
- **11 am to 12.30 pm**
- **LIVE QUIZZES**
- **Three Merit Awards of Rs.5000/- Each**
- **Cash Prizes**
- **First Merit - Rs. 1,00,000/-**
- **Second Merit - Rs. 75,000/-**
- **Third Merit - Rs. 50,000/-**

Convenors:
- Dr. Duru Shah
- Dr. Sabahat Rasool

Link to view the recordings: https://www.youtube.com/watch?v=9FZqNpyKBfl
Internationally September month is celebrated as the PCOS Awareness Month. On this occasion The PCOS Society - India organized a program on 25th September 2021. The objective of this program was to reach out to thousands of girls and women and educate them about all aspects of PCOS, right from diagnosis to treatment. The program was well conceived by Dr. Duru Shah and co-convened by Ms. Ruby Sound. The program was graced by the presence of some eminent personalities. The Guest of Honours were Mrs. Indu Shahani, Dean, Indian School of Management and Entrepreneurship and Ms. Namita Thapar, Executive Director, Emcure Pharmaceuticals. The program received an overwhelming response, wherein more than 2000 beneficiaries viewed this informative program on Facebook and YouTube. As a part of the PCOS Awareness Program, an online All India contest was conducted in many colleges across India. E-mail entries were invited for 2 categories: Slogan Contest and Video Contest. The Theme for the former was “PCOS – Patient Awareness” and the later was “When do I see a Doctor to know if I have PCOS?”. An overwhelming response was received with 87 slogan entries and 26 video entries. The names of the winners were announced on the day of the program. Amazon Vouchers worth Rs 10000/- and Rs 5000/- were given as prizes in each category.

**Slogan Contest Winners**

1. **1st Prize Winner**
   - Sana Parveen Shaikh
   - Somaiya Vidyavihar University, Mumbai

2. **2nd Prize Winner**
   - Shraddha S.
   - University of Mysore

**Video Contest Winners**

1. **1st Prize Winner**
   - Vashni Kandru
   - Mount Carmel College Bangalore

2. **2nd Prize Winner**
   - Sristhi Dalmia
   - Mount Carmel College Bangalore

**Convenors:**

- Dr. Duru Shah
- Ms. Ruby Sound

**Audience Response:**

- Absolutely fabulous program.
  - Vikas Gosavi
- Appreciate the time and effort from the panelists. Very informative.
  - Dr. Nilesh Upalapwar
- An extremely well moderated and enlightening discussion.
  - Dr. Ashvin Vaghani

Link to view the recordings: [https://pcosindia.org/webinars.php](https://pcosindia.org/webinars.php)
W3 Webinar Series

**Metformin - Why, When & How**

Saturday, 7th August 2021 | 7:00 – 8:30 pm (IST)

- Dr. Manisha Gupta: Very good academic experience, good topics very precise talk.
- Dr. Shyam Rao: Very informative discussion on Metformin.
- Dr. Gaouri Kumra: Thanks to Dr. Sudeshna for clarifying my doubts
- Dr. Nay LinOo: Extremely useful practical points discussed.
- Dr. Mariamma Paul: Thank you PCOS Society and Duru Shah Ma am for the excellent webinar.

Experts:
- Dr. Dura Shah
- Dr. Suda Reddy Ray
- Dr. Padma Beke Jirge
- Dr. Pyla Thakker
- Dr. R.S Shanthi Gnanugvekar

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Registered Link: https://www.omicpubs.com/objive/1082

4.8 out of 5 rating

**Which Gonadotropins should we use in ART for PCOS?**

Saturday, 21st August 2021 | 7:00 – 8:30 pm (IST)

- Dr. Meenu Vaish: Excellent, enthusiastic, useful information.
- Dr. Meenu Vaish: It was a wonderful session. Thank you PCOS Society!
- Dr. Mariamma Paul: Excellent discussion & presentation, eagerly waiting for upcoming sessions
- Dr. Swati Bajpai: Thank you PCOS Society and Duru Shah Ma am for the excellent webinar.

Experts:
- Dr. Dura Shah
- Dr. Padma Beke Jirge
- Dr. Pyla Thakker
- Dr. Nay LinOo
- Dr. Mariamma Paul

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Registered Link: https://www.omicpubs.com/objive/1081

4.8 out of 5 rating

**What is Sleep Apnea? Why do we need to manage it?**

Saturday, 4th September 2021 | 7:00 – 8:30 pm (IST)

- Dr. Shashi Shrivastava: Very interesting and eye opening session Dr.Arpita you are wonderful.
- Dr. Aspi Raimalwala: Congratulations Dr. Arpita for excellent reviews and presentation.
- Dr. Veena Shinde: Very useful for me
- Dr. Sadhna Jaiswal: Extremely fabulous webinar, lot of information

Experts:
- Dr. Dura Shah
- Dr. Upkha Mekhara
- Dr. Aptha Priyadarshini
- Dr. Pyla Thakker
- Dr. Saajja Kar
- Dr. Ruchika Sabu

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Registered Link: https://www.omicpubs.com/objive/1094

4.9 out of 5 rating

**Does Menopause increase Bone Loss in PCOS Women too?**

30th October 2021 | 7:00 – 8:30 pm (IST)

- Dr. Sandeep Jeste: Excellent discussion. Really good brain storming session, Thanks a lot.
- Dr. Jayshree Cherabuddi: This was a good discussion, lots of information
- Dr. Veena Shinde: Extremely useful practical points discussed.
- Dr. Deepali Kawade: Excellent webinar. Always something new to learn. Looking forward to any future webinars

Experts:
- Dr. Dura Shah
- Dr. Jyoti Wani
- Dr. Akshay Naik
- Dr. Alimah Naik
- Dr. Blaze Jash滨海
- Dr. Trika Pathik

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Registered Link: https://www.omicpubs.com/objive/1093

4.8 out of 5 rating

Link to view the recordings: https://pcosindia.org/webinars.php
**Scientific Article: Resveratrol in PCOS**

Resveratrol is a natural phenolic compound (trans-3,5,4′-trihydroxy stilbene) found in foods such as plants, grapes, nuts, cranberries, red wine etc. It has beneficial properties such as antiaging, antioxidant, anti-inflammatory, insulin sensitizer, vasodilator and possibly some antineoplastic properties too. There are various trials of resveratrol in diseases such as obesity, DM, hypertension and malignancies. Recently there have been studies about the role of Resveratrol in PCOS. PCOS is the commonest endocrine metabolic disorder affecting around 8-12% of women between 15-45 yrs. of age. It is characterised by triad of hyperandrogenism, hyperinsulinemia, anovulation and polycystic ovaries on sonography as per Rotterdam’s criteria. Although as of now there is limited literature available on the use of Resveratrol in PCOS, we shall try and understand its role to alleviate endocrine and metabolic disorders and its potential use in PCOS.

**Effects of Resveratrol**

- **Antiaging**
- **Antineoplastic**
- **Antioxidant**
- **Antioxidant**
- **Anti-inflammatory**
- **Insulin sensitizer**
- **Vasodilator**

**Resveratrol in IVF/IVM**

There are studies of adding resveratrol to culture media for IVF/IVM with direct effect on oocyte quality. It is postulated to prevent postovulatory oocyte aging in mice studies. This is because of the antiROS effect and improvement in the mitochondrial function. Available data on IVM is limited and has future scope of research.

**Mechanism of action of Resveratrol on reproductive system**

Resveratrol has a positive effect on ovarian function in PCOS and an inhibitory action on the endometrium in PCOS.

- **Ovary**
- **Endometrium**

- **SIRTUIN 1**
- **H3K27 Acetylation**

- **Oxidative stress glycation**
- **Epigenetic decidual**

- **Telomerase activity**
- **Mitochondrial function**
- **Endometrial receptivity**

It shows antiproliferative effect on thecal hyperplasia, it also shows suppression of 17-a hydroxylase thereby reducing circulating androgens. Long term supplementation increases secondary antral follicles and reduces Graafian follicles through anti-inflammatory action. It up regulates sirtuin 1 receptors thereby causing a decrease in the AGE (Advanced glycation end products) Randomised clinical trials in PCOS women have shown that 1.5 g/day dose decreases total testosterone, DHEAS, Fasting Insulin levels and increases Insulin Sensitivity.

**Clinical studies on Resveratrol**

1. Effects of resveratrol on PCOS: a double blind RCT was designed to evaluate the endocrine and metabolic effects of resveratrol on PCOS. It was a double-blind trial for 3 months and evaluations were done after 3 months to look for a change in serum testosterone levels in diagnosed PCOS patients. Results showed that resveratrol supplementation for 3 months significantly reduced Total T by 23%, 22.2% decrease in DHEAS, 31.8 % fasting insulin and increased Insulin Sensitivity Index by 66.3%. (J. Clin Endocrin Metab 4322:4328 2016)

2. Effect of resveratrol and metformin on ovarian reserve and ultrastructure in PCOS: an experimental study (SelenayFuratRencber) proved that both drugs combined improved endocrine and metabolic profile of PCOS.

3. Effects of Resveratrol on the ovary: It presents insights into the mechanisms of action, biological effects, and current evidence of actions of resveratrol on the ovary. In vitro, resveratrol inhibits proliferation and androgen production by theca-interstitial cells. Resveratrol also exerts a cytostatic, but not cytotoxic effect on granulosa cells, while decreasing aromatization and vascular endothelial growth factor expression. In vivo, resveratrol treatment reduced the size of adipocytes and improved estrus cyclicity in the previously acyclic rat model of polycystic ovary syndrome (PCOS)

**Future perspectives:**

Further studies are needed to establish optimal doses and periods of resveratrol intake whilst preventing adverse effects on implantation, subsequent pregnancy and foetus with respect to teratogenicity.
From Preconception Pregnancy to Lactation,

**Shelcal-XT**

Calcium carbonate 1250 mg, Vitamin D3 2000 IU, Methylcobalamin 1500 mcg, L-Methylfolate 1000 mcg, Pyridoxal S phosphate 20 mg

The High Potency Calcium with Extraordinary Power of Vitamin D3 & Active Form of Vitamins

In PCOS Patients,
L-Carnitine in the Purest Form

**CARNISURE-500**
L-Carnitine 500 mg Tablets

The Metabolic Energizer

In PCOS Management,

**D-360**
Vitamin D, Capsules & Gummies 0000 IU

Efficiency in Deficiency with Better Patient Compliance

In infertility related to PCOS*

**Introducing NORMÖZ PLUS**
Inositol 2 gm, N-Acetyl cysteine 600 mg, Folic Acid 50 mcg

Alleviates Hyperandrogenism... Restores Fertility

**Helps**

- Improve HPO axis functioning
- Reduce insulin resistance
- Improve ovarian function in PCOS patients
- Reduce hyperandrogenism
- Improve oocyte & embryo quality