2. **Polycystic ovarian syndrome**

Sema Jethwa

Mrs Shah is 30 years of age and lives with her husband and his parents; they are Hindus. Her main language is English, but she also speaks Gujarati. She has been married for 2 years and is keen to get pregnant, but has not been able to conceive so far. She is a graduate and currently works full time in marketing in central London. She has a moderately active social life and meets friends during the week, but tends to spend time with her family at the weekend. She visited her GP where her history of acne, excess hair growth, irregular menstruation and difficulty conceiving were discussed. Her current weight is 90.7 kg, height 1.6 m and BMI 35.4 kg/m².

- How would you assess Mrs Shah using the ABCDE format?
- What are the diagnostic criteria for polycystic ovary syndrome (PCOS)? What test would you expect to be performed to aid this diagnosis?
- What dietary restrictions are associated with Hinduism?
- What is the dietetic diagnosis?
- What medical conditions are associated with PCOS?
- Mrs Shah has been prescribed metformin but she is not diabetic. Explain the rationale for using this medication in PCOS.
- What is the dietetic intervention?
- Calculate Mrs Shah’s current energy requirements and prescribe a weight loss programme.
- What are the aims and objectives of the intervention, with particular regard to carbohydrate and fat?
- How could you encourage her to increase her activity levels? Select suitable SMART aims.
- Mrs Shah is currently well motivated. How can you help her maintain this enthusiasm?
- What are the barriers to change? How can these be overcome?
- How would you evaluate and monitor her progress?