

Polycystic Morphology Doesn't Raise PCOS Risk

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BOSTON — Women with polycystic ovarian morphology and normal menstrual cycles do not appear to be at significant risk for polycystic ovary syndrome, according to a study presented at the annual meeting of the Endocrine Society.

Researchers at Harvard University and Massachusetts General Hospital in Boston followed 40 women with regular men-

strual cycles and either normal or polycystic ovarian morphology to see which women would develop polycystic ovary syndrome (PCOS). The women were followed for 1.7-17.5 years after the initial ultrasound and given a follow-up ultrasound.

The researchers defined polycystic ovarian morphology (PCOM) as an ovary with 12 or more follicles of 2 to 10 mm in a single plane or an ovarian volume of more than 10 mL without a dominant follicle.

At baseline, 17 women had normal mor-

phology and 23 were diagnosed with PCOM. The average age at baseline was 30, and the average age at follow-up was 38, according to Meagan K. Murphy, a medical student at Harvard University.

At follow-up, 1 of the 17 women with normal ovarian morphology at the beginning of the study had developed PCOM. Of the 23 women who had PCOM at baseline, about half had PCOM at follow-up and the rest had converted to normal ovarian morphology; their follicle and ovarian

volume decreased significantly, she said.

One woman who was classified as having PCOM at baseline was diagnosed with PCOS. But her menses became regular with weight loss and the previous PCOS diagnosis was not confirmed in the study.

Development of PCOS is uncommon in women with PCOM and regular cycles, the researchers concluded. And a normal drop in follicle number with aging may result in women with PCOM developing normal cycles over time, Ms. Murphy said. ■

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