

Table 2

Management of PCOS

Menstrual Dysfunction	Androgen Excess	Insulin Resistance
Lifestyle modifications › Weight loss › Exercise	Hair removal › Methods include electrolysis, lasers, waxing or shaving	Lifestyle modifications › Weight loss › Exercise
Estrogen–progestin combination therapy (OCs) › Benefit of contraception › Reduced risk for endometrial hyperplasia	Estrogen–progestin combination therapy (OCs) › Effective for hirsutism and acne	Metformin › Reduces hepatic glucose production, secondarily lowering insulin levels › May directly affect ovarian steroidogenesis
Progestins › With contraindications or intolerance to OCs › Reduced risk for endometrial hyperplasia	Antiandrogens › Effective for hirsutism and acne	Thiazolidinediones › Enhances insulin action at target-tissue level (adipocyte, muscle) › May directly affect ovarian steroidogenesis
Insulin-lowering therapy › Improved ovulation and fertility	Others: Finasteride, Eflornithine › Treatment for hirsutism	