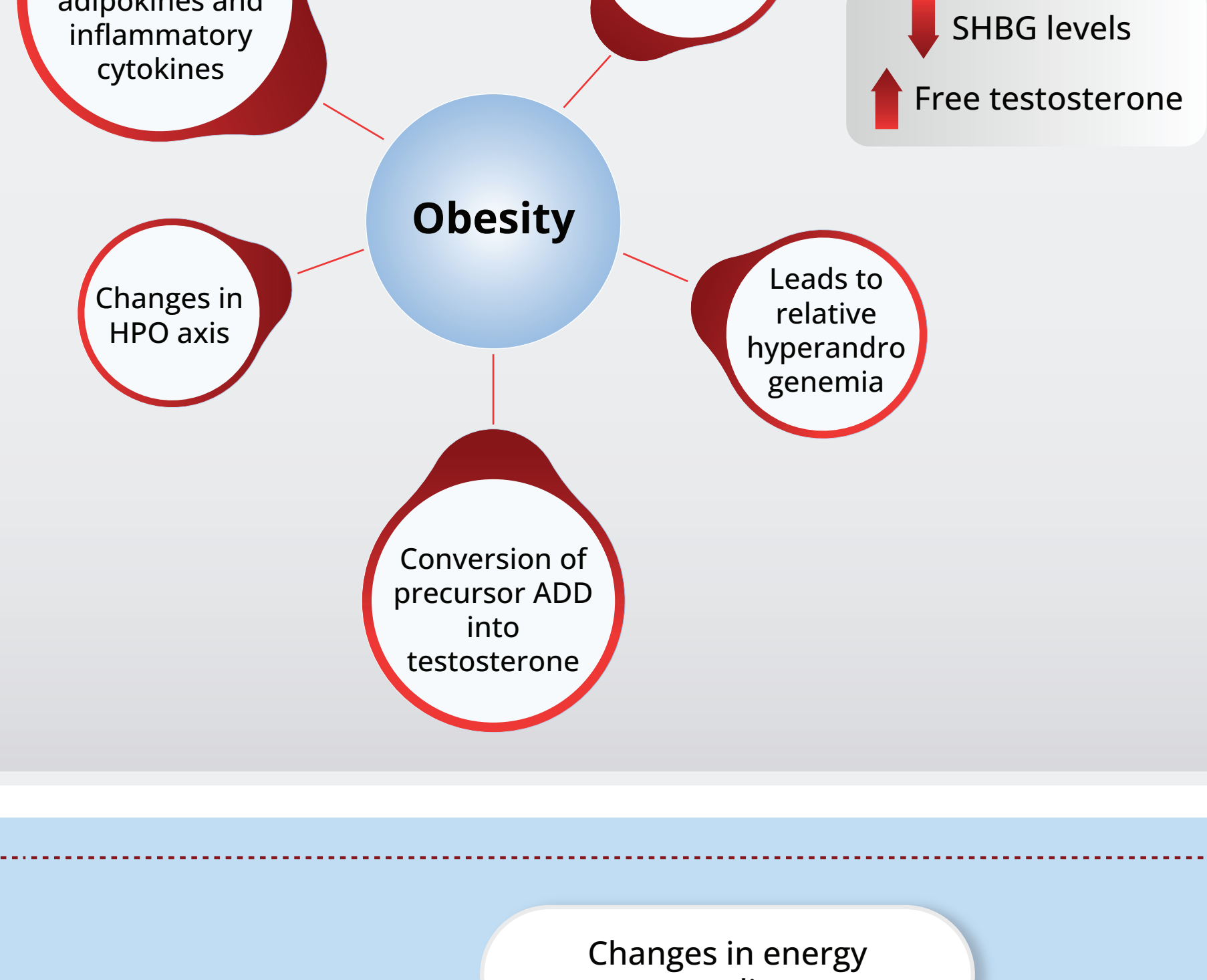


OBESITY IN WOMEN

Obesity and PCOS*

Association between obesity and PCOS



PCOS

Changes in energy expenditure

Mental or emotional health problem

Reduced physical activity

Managing obesity and PCOS

Managing obesity

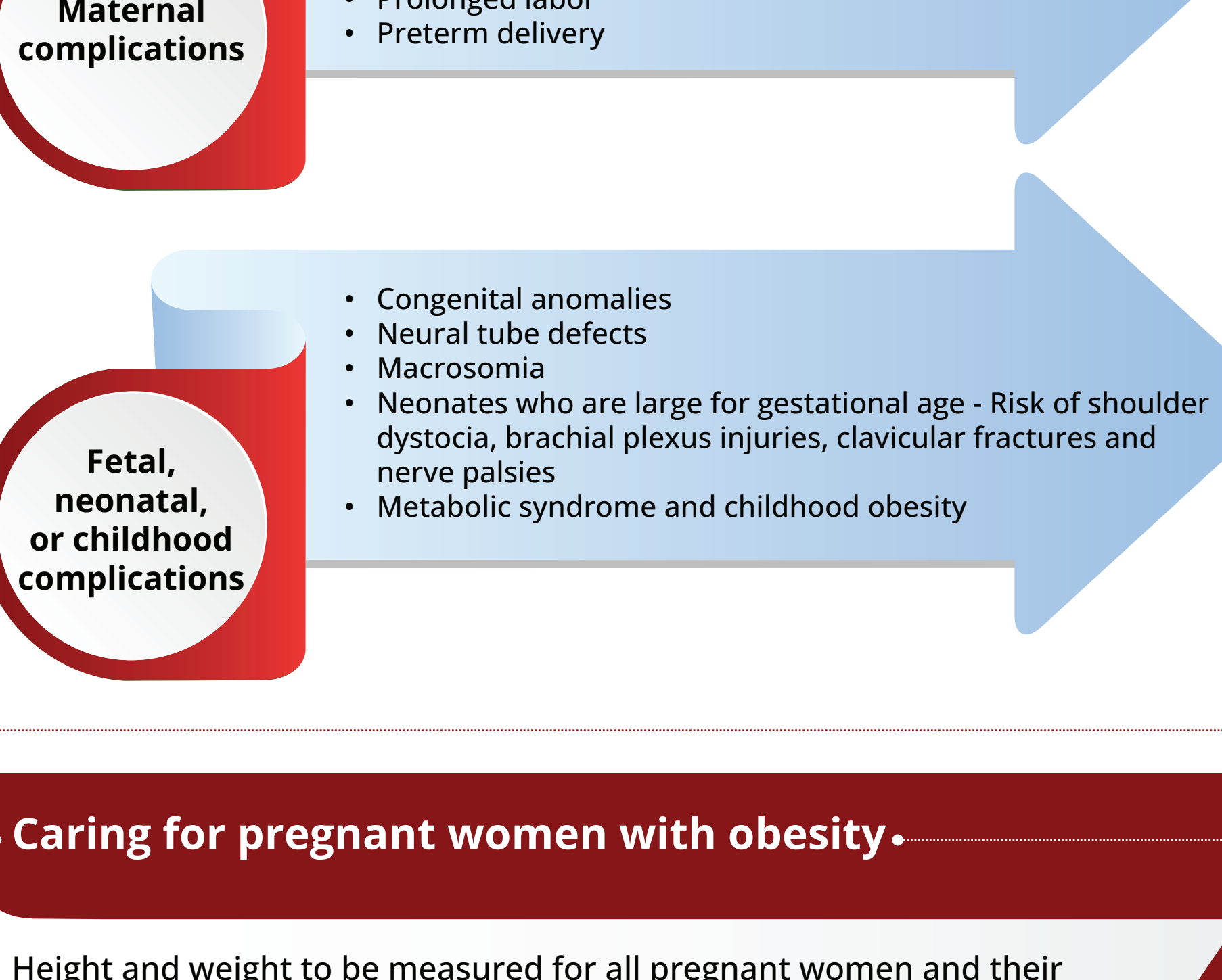
- Lifestyle modification - Caloric restriction, low glycemic carbohydrates, dietary fiber
- Weight loss therapy
- Bariatric surgery

Managing PCOS

- Lifestyle modification
- Sustained weight loss
- Hormonal therapies
- Metformin
- Anti-androgens (when other therapies are contraindicated or fail)

Obesity in Pregnancy.

Complications associated with obesity in pregnancy



Caring for pregnant women with obesity.

Height and weight to be measured for all pregnant women and their BMI calculated at the antenatal booking visit

Women with a booking BMI >30 kg/m2 to be informed about the risks associated with obesity in pregnancy and how to minimize them

Dietetic advice by a trained professional early in pregnancy

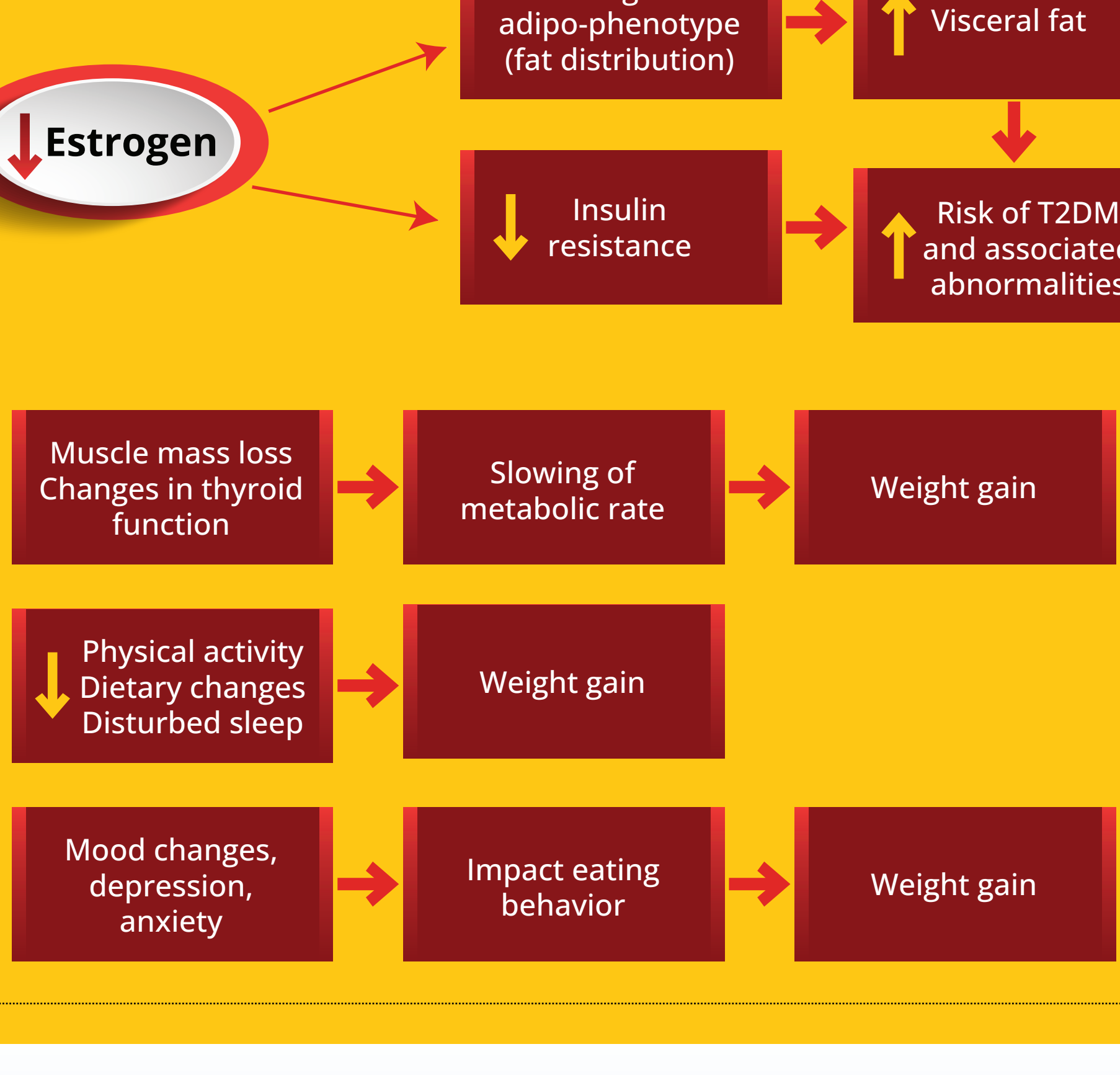
Anti-obesity or weight loss drugs not recommended during pregnancy

Women with a BMI >30 kg/m2 should be informed about the risks to their and the baby's health

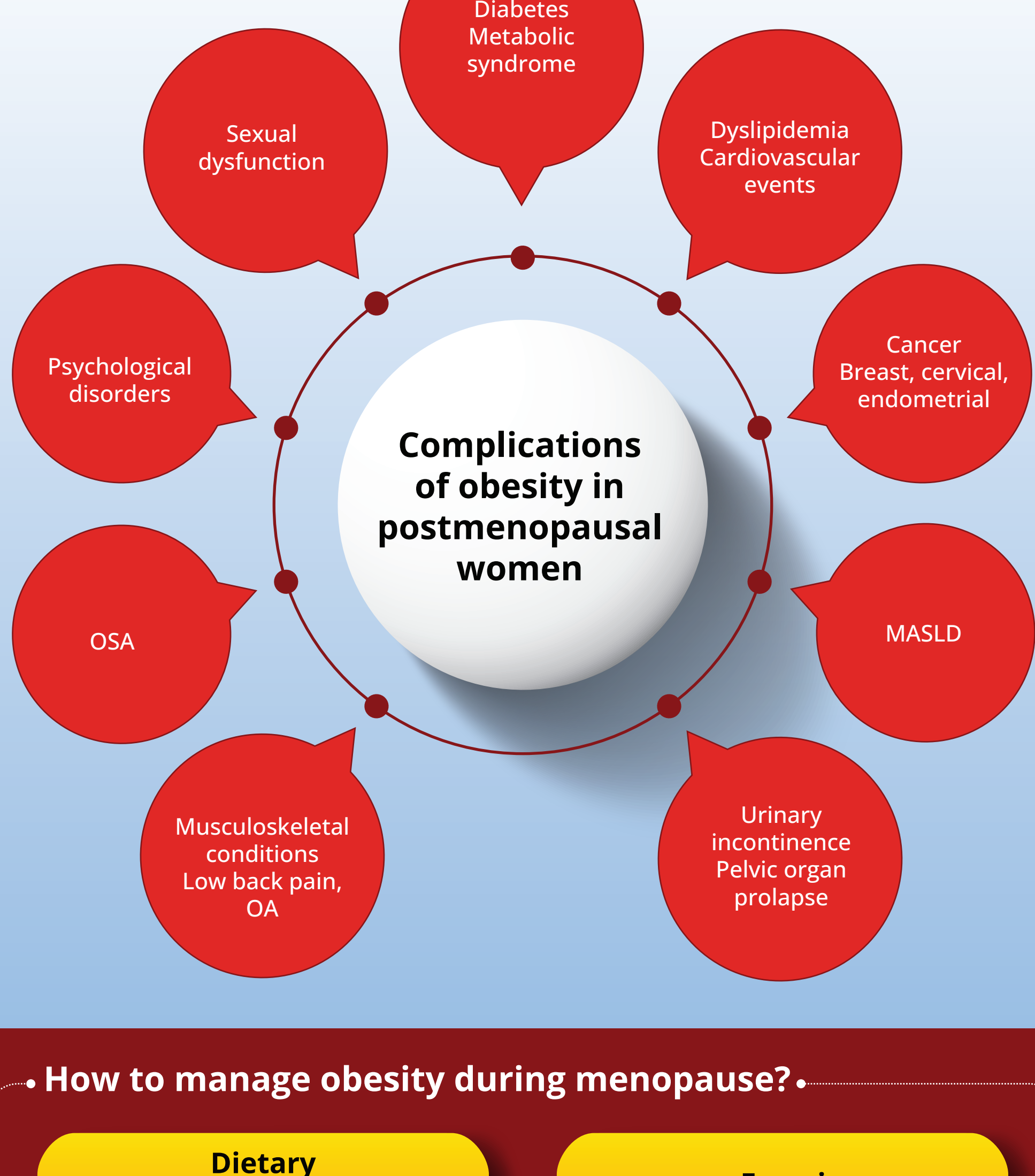
Pregnancy weight gain to be restricted to 5 to 9 kg for women with obesity having a singleton pregnancy

Obesity and Menopause.

Association between obesity and menopause



Complications of obesity in postmenopausal women



How to manage obesity during menopause?.

Dietary modifications

- Healthy, balanced diet - Fruits, vegetables, whole grains, lean protein, healthy fats
- Small, frequent meals
- Limit processed food intake

Exercise

- Resistance training to build muscle mass
- A minimum of 2 days/week of strength training
- Aerobic activity - At least 150 min/week of moderate-intensity activity
- Balance and flexibility exercises like yoga

Stress and sleep

- 7 to 9 hours of good quality sleep
- Relaxation techniques like mindfulness, deep breathing

Medication and hormone therapy

- Weight loss medications
- Hormone therapy to manage menopausal symptoms

*PCOS is now termed polyendocrine metabolic ovarian syndrome (PMOS) [Teede HJ, Khomami MB, Morman R, et al; Global Name Change Consortium. Polyendocrine metabolic ovarian syndrome, the new name for polycystic ovary syndrome: a multistep global consensus process. Lancet. 2026 Jun 6;407(10545):2329-39.]

Abbreviations - PCOS: Polycystic ovary syndrome; SHBG: Sex hormone-binding globulin; ADD: Androstenedione; HPO: Hypothalamic-pituitary-ovarian; GDM: Gestational diabetes mellitus; BMI: Body mass index; T2DM: Type 2 diabetes mellitus; OSA: Obstructive sleep apnea; OA: Osteoarthritis; MASLD: Metabolic dysfunction-associated steatotic liver disease.

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