

PCOS Quality of Care: A Retrospective Analysis

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Abstract

Polycystic Ovary Syndrome (PCOS) is a very common syndrome affecting 8-13% of reproductive-aged women. PCOS has been implicated as an individual risk factor for other metabolic, cardiovascular, behavioral, and neoplastic comorbidities. Despite the existence of professional and international guidelines for the proper screening and management of PCOS and associated conditions, few patients receive appropriate management and follow up. We conducted a retrospective cohort study of 8,090 patients with PCOS at University of Colorado Hospitals (UCHealth) from 2018 through 2022 and found that 51% were screened for diabetes mellitus through Hemoglobin A1c, while only 9.7% had a glucose tolerance test (GTT) performed. Per ACOG guidelines, all patients should have a 2h GTT performed, while international guidelines request that all patients be screened with at least one of these. These rates are significantly lower than screening rates for other conditions, such as cervical, breast, and colorectal cancer. This study highlights the need to properly screen and manage PCOS and its associated comorbidities.