

Help turn medicine into motherhood.

Ask about how you can participate in a clinical trial.

NEW TREATMENT OPTIONS FOR PATIENTS WITH POLYCYSTIC OVARY SYNDROME (PCOS)

Clinical trials are studies that take an in-depth look at new ways to diagnose and treat a health condition, like polycystic ovary syndrome (PCOS). PCOS is a chronic hormonal disorder that can cause:

- Acne/skin tags
- Excessive facial and body hair growth
- Infertility
- Weight gain/obesity
- Depression
- Inability to ovulate
- Irregular periods
- Elevated androgen level (hyperandrogenism)
- Insulin resistance/diabetes
- Ovarian cysts

Ask a Penn Fertility Care provider for more information or how to enroll in one of these PCOS clinical trials:

Pregnancy and Polycystic Ovary Syndrome (PPCOS)

The purpose of this 5-month clinical trial is to determine which medication, Clomiphene Citrate (Clomid) or Letrozole (Femara), is more likely to result in pregnancy in women diagnosed with PCOS who are experiencing infertility. The treatments will be randomly assigned, so participants must be willing to accept either Clomid or Femara. Participants will receive free treatment and follow-up for up to five cycles or 20 weeks, unless pregnancy is achieved first. If a woman becomes pregnant, she will be followed through the outcome of her pregnancy.

Principal Investigator: Dr. Christos Coutifaris
Co-Investigator: Dr. Kurt Barnhart

Population Genetics of Polycystic Ovarian Syndrome

The goal of this trial is to identify the genes that contribute to polycystic ovary syndrome (PCOS) and understand the genotype-phenotype relationships that contribute to the features of PCOS patients. This knowledge could assist physicians in treating PCOS patients who are experiencing infertility, and also help manage other aspects of PCOS, like insulin sensitivity. Women ages 18-50 with PCOS and both of their biological parents are eligible to participate in this study. All participants will submit a sputum sample for genetic analysis.

Principal Investigator: Dr. Anuja Dokras-Jagasia

Learn more:

Phone: 215.662.7727 | E-mail: reproresearch@obgyn.upenn.edu

Visit: PennMedicine.org/fertility/research



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800.789.PENN PennMedicine.org

Additional PCOS clinical trial:

Treating Hyperandrogenism vs. Insulin Resistance in Obese Women with PCOS who are Experiencing Infertility

Women with PCOS are at increased risk for developing obesity and pregnancy complications such as gestational diabetes because of being insulin resistant. Insulin resistance means that the body is unable to properly use a hormone produced in the body known as insulin. PCOS also causes hyperandrogenism which is an elevated level of the male hormone (androgen).

The purpose of this study is to compare three different study interventions to see which is best at achieving live birth and avoiding pregnancy complications in women diagnosed with PCOS.

Obese women ages 18-40 who have been diagnosed with PCOS and are experiencing infertility are eligible to participate in this study. The study interventions include:

- A:** Taking Orlistat (weight loss medication) and following lifestyle modification guidelines to improve insulin resistance.
- B:** Taking Lo-Estrin 1/20 (OCP) to regulate menstrual periods and reduce excessive facial and body hair growth.
- C:** Taking Orlistat (weight loss medication), following lifestyle modification guidelines plus taking Lo-Estrin 1/20 (OCP). In other words, a combination of both A and B.

This study includes three phases. Phase I is designed to compare the effects of Arm A — weight loss and lifestyle modifications, versus Arm B — OCP use, versus Arm C — a combination of both Arms A and B for the improvement of insulin resistance, reducing hyperandrogenism and achieving pregnancy and live birth. In Phase II, Arms A, B, and C will stop taking Orlistat and Lo-Estrin 1/20 and begin taking Clomid to help stimulate ovulation to achieve pregnancy. Phase III will consist of monitoring participants who become pregnant for any complications that may occur during pregnancy.

Principal Investigators: Drs. Richard Legro and Christos Coutifaris
Co-Investigator: Dr. Anuja Dokras-Jagasia

Learn more:

Phone: 215.662.7727 | **E-mail:** reproresearch@obgyn.upenn.edu

Visit: PennMedicine.org/fertility/research

The Penn PCOS Center

A Multidisciplinary Center

The Penn PCOS Center has a multidisciplinary approach to treatment. Our program focuses on accurate diagnosis and offers specialized services and therapies to assist women in managing their PCOS symptoms and related health conditions. As part of the University of Pennsylvania Health System, patients have access to a variety of services including:

- Hormonal treatment
- Fertility treatment
- Weight management
- Nutrition services
- Lipid management
- Dermatology/Laser hair removal

Because PCOS can impact other health conditions, the center works in conjunction with a variety of Penn programs including cardiology, endocrinology, psychology and dermatology to name a few.



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