

A Five-Year Prevalence and Characteristics of Polycystic Ovary Syndrome (PCOS) in Filipino women diagnosed with Endometrial Cancer

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Introduction: Endometrial cancer is commonly a disease in the postmenopausal period. Many premenopausal women with endometrial cancer have shared characteristics with PCOS.

Objective: The aim of this retrospective case-control study was to determine the prevalence and characteristics of PCOS Phenotype D in a cohort of Filipino women diagnosed with endometrial cancer at a national university hospital during a five-year period.

Methodology: A chart review of women with histopathologically confirmed endometrial carcinoma treated at the Philippine General Hospital Cancer Institute from June 2010 to June 2015 was performed. The following data were obtained: age at diagnosis of endometrial cancer, gravidity, parity, educational background, menstrual history, presence of polycystic ovaries on ultrasound, body mass index, abnormal blood glucose, histologic type and stage of the disease at the time of diagnosis of endometrial cancer.

Results: Sixty-one out of 487 (12.53%) endometrial cancer patients were identified to have PCOS. They are likely to have endometrial cancer at a younger age compared with those without PCOS (chi = $p < 0.0001$) and are likely nulligravid and nulliparous. The higher the BMI, the greater is the prevalence of endometrial cancer among women with PCOS. Endometrial cancer is likely in PCOS women with abnormal blood glucose parameters. Interestingly, there is a greater proportion of low-grade endometrial cancer among those without PCOS (chi = $p < 0.01$) compared with those with PCOS. The presence of PCOS has no impact on the stage of the disease. Lastly, there is a greater proportion of lower educated women among endometrial cancer patients with PCOS.

Conclusion: The PCOS Phenotype D patients are more likely to have endometrial cancer at a younger age. The characteristics of PCOS Phenotype D predisposed to endometrial cancer include increased BMI, abnormal blood glucose, and decreased fecundity. However, the presence of PCOS does not reliably predict stage and grade of endometrial cancer.

Keywords : PCOS, endometrial cancer, prevalence, obesity, diabetes mellitus

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