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Relationships of overweight and obesity with hormonal and metabolic parameters in hirsute women

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Abstract:

Obesity is the common clinical signs in hirsutism, which can cause metabolic disturbances like dyslipidemia, insulin resistance and hypertension. To investigate relationship of overweight and obesity with hormonal and metabolic parameters in suspected hirsute women, in a cross-sectional study, 184 suspected hirsute women were selected in a reproductive endocrinology outpatient clinic in north of Tehran from February 1997 to May 1999. Weight, height, waist and hip circumferences were measured and serum levels of lipids, hormones and glucose were determined. Overweight and overall obesity (OO-body mass index: $BMI \geq 25 \text{ kg/m}^2$) and android obesity (AO-waist to hip ratio: $WHR > 0.85$) were calculated. Hirsutism score of OO and AO women was higher than that of non-obese women (NO, $P < 0.001$). OO woman had significantly lower levels of serum LH, estradiol, HDL and higher levels of triglyceride (TG), LDL and LDL/HDL ratio than non-obese women ($P < 0.05$). In addition, the mean BMI, LH/FSH ratio and serum levels of testosterone (T), dehydroepiandrosterone sulfate (DHEAS), insulin, and TG of AO women were higher ($P < 0.05$) and their glucose/insulin ratio was lower than non-android obese women (NAO: $WHR \leq 0.85$; $P < 0.03$). Multiple regression analysis of the data showed that WHR correlated most significantly with serum cholesterol, LDL and HDL levels; serum androstenedione with LDL/HDL ratio and serum glucose; and less significantly serum LH with serum insulin levels ($P < 0.02$). Metabolic disturbances in these women are mostly due to obesity (especially android obesity), and high serum androstenedione levels.

Keywords:

Hirsutism , BMI , WHR , Hormone , Lipid

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