Title: Ultrasonographic evaluation of intra-abdominal fat distribution and study of its influence on subclinical atherosclerosis in women with polycystic ovarian syndrome

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PII: S0301-2115(17)30381-0
DOI: http://dx.doi.org/doi:10.1016/j.ejogrb.2017.08.011
Reference: EURO 10017

To appear in: *EURO*

Received date: 22-6-2017
Revised date: 4-8-2017
Accepted date: 8-8-2017

Please cite this article as: Tripathy Priyadarshini, Sahu Asutosh, Sahu Mahija, Nagy Attila.Ultrasonographic evaluation of intra-abdominal fat distribution and study of its influence on subclinical atherosclerosis in women with polycystic ovarian syndrome.*European Journal of Obstetrics and Gynecology and Reproductive Biology* http://dx.doi.org/10.1016/j.ejogrb.2017.08.011

Title: Ultrasonographic evaluation of intra-abdominal fat distribution and study of its influence on subclinical atherosclerosis in women with polycystic ovarian syndrome

Running title: Abdominal fat and CVD risk in PCOS

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Condensation:

Excess visceral fat accumulation is the strongest independent predictor of subclinical atherosclerosis in PCOS women.

ABSTRACT

Objectives: To evaluate abdominal fat distribution and cardiovascular disease (CVD) risk factors in women with polycystic ovarian syndrome (PCOS) and to determine the independent risk factors for subclinical atherosclerosis.

Study design: One hundred and twenty-four women with PCOS were compared with 118 age and BMI-matched controls. Abdominal obesity was assessed as the waist-to-hip ratio (WHR) and abdominal fat distribution was measured as subcutaneous fat thickness (SFT), pre-peritoneal fat thickness (PFT) and visceral fat thickness (VFT) using Ultrasound (US). Markers of subclinical atherosclerosis (carotid intima-media thickness (CIMT) and brachial