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INSULIN RESISTANCE AND POLYCYSTIC OVARIAN SYNDROME
PATHOGENESIS, EVALUATION, AND TREATMENT

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HUMANA PRESS
TOTOWA, NEW JERSEY
Insulin resistance and polycystic ovarian syndrome / edited by Evanthia Diamanti-Kandarakis, MD, PhD, John E. Nestler, MD, Dimitrios Panidis, MD, PhD, and Renato Pasquali, MD

2007005797
PREFACE

“There are specific disease only for women”
**Soranos: Ephessos 1BC**

“The natural flights of the human mind are not from pleasure to pleasure but from hope to hope”

*Samuel Johnson, The Rambler no 2.*

In this text, our hope is to highlight the recent transition of the polycystic ovary syndrome (PCOS) from an infertility disorder whose diagnosis was based on ovarian tissue histology to a more complex clinical entity—namely, a metabolic disorder in which insulin resistance plays a central role.

Research into PCOS has advanced at a dizzyingly fast pace over the past two decades, but not without substantial controversy. Despite great advances, even the definition of the syndrome remains in dispute, illustrating that many basic aspects of the syndrome remain unresolved.

However, despite the fact that the intensified world wide research has elucidated new aspects of the syndrome, contributing to the expansion of scientific knowledge, new dilemmas have been posed. Because of the central role of insulin resistance in the syndrome, it is increasingly clear that PCOS is not simply a reproductive disorder, but a metabolic disorder that places women with the syndrome at markedly high risk for the development of glucose intolerance and, arguably, cardiovascular disease.

The editors have made every effort to provide an up-to-date and balanced overview of PCOS, paying special attention to the central role of insulin resistance in the syndrome’s pathogenesis and in the management of its reproductive and metabolic abnormalities.

It is important to note that we are still searching a way out of the labyrinth in the aetiology of this enigmatic syndrome, despite significant advances in the field of molecular medicine, genetics, and pharmacogenomics.
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