**MYO-INOSITOL - NEVER-ENDING RESOURCE IN PATIENTS WITH PCOS**

**Elena Vasilica, Laura Elena Gaman**

*Carol Davila University of Medicine and Pharmacy, Faculty of Medicine, Bucharest, Romania*

*elena.vasilica@umfcd.ro*

Polycystic ovary syndrome (PCOS) is a disorder that affects women of childbearing age and it presents with any two of the following symptoms: hyperandrogenism, ovulation dysfunction and polycystic ovarian morphology. PCOS can be associated with obesity and/or insulin resistance that can worsen the symptoms of PCOS. Therefore, the management of obesity and insulin resistance in patients with PCOS is essential, being based on good nutrition, physical activity and medication, when needed.

Myo-inositol, a naturally occurring substance produced in the human body, plays an important role in insulin signaling by producing inositol phosphoglycans that act as signal messengers for insulin.

In recent years, supplementation with myo-inositol has shown promise in the treatment of symptoms in patients with PCOS. Some of the good effects that supplementation with myo-inositol has been shown to have are decreased insulin resistance, decreased hyperandrogenism and normalization of menstrual cycle. Moreover, there are some benefits to supplementation with myo-inositol in patients with PCOS undergoing in vitro fertilization, such as normalizing ovulation and improving oocyte and embryo quality.

Due to the fact that studies showing the benefits of supplementation of myo-inositol have been done on relative small groups of subjects with PCOS, the decision to administer myo-inositol to a patient with PCOS needs to be individualized to each patient`s medical situation.

However, so far, the emerging evidence to support using myo-inositol in patients with PCOS is promising, especially regarding hormonal, ovulatory and metabolic benefits.

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