

# Relationship between Infertile Overweight and Polycystic Ovary Syndrome Women's Characteristics and Lifestyle Habits: An Interventional Study

## Abstract:

**Background:** The relationship between obesity and menstrual irregularities, including signs of infertility, was studied using historical data from 26,638 women, aged 20 to 40. Aim: investigate the correlation between infertile overweight and Polycystic Ovary Syndrome women's characteristics and lifestyle habits.

**Subjects and Methods:** A purposive sample of 116 women with infertility, overweight, and obese with polycystic ovary syndrome who attended to gynecological and infertility outpatient and inpatient clinics at Beni-Suef University Hospital. Using Arabic Structured interviewing questionnaire contains Sociodemographic characteristics, questions about the symptoms of PCOS

**Results:** It reveals that 77.6% and 56.8% of the study and control groups had menarche at an age of less than 15 years, respectively. 65.5% and 55.2% of the study and control groups had painful menstrual cycles before the intervention, compared to 31% and 55.2% of them after the intervention, respectively.

**Conclusion:** Significant association between the socio-personal data and total nutrition habit levels among the study group of infertile overweight and obese women with polycystic ovary syndrome and association between the ovulatory function and physical activity level in the study group of infertile overweight and obese women with polycystic ovary syndrome were found Recommendations: A study can be conducted to assess the knowledge, attitude and practice on women with PCOS regarding weight reduction exercises.

**Keywords:** infertility; overweight; ovary syndrome; women's characteristics; lifestyle habits