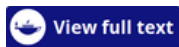


FULL TEXT LINKS



Clinical Trial [Gynecol Endocrinol](#). 2007 Dec;23(12):700-3. doi: 10.1080/09513590701672405.

Epub 2007 Oct 10.

Myo-inositol in patients with polycystic ovary syndrome: a novel method for ovulation induction

Enrico Papaleo ¹, Vittorio Unfer, Jean-Patrice Baillargeon, Lucia De Santis, Francesco Fusi, Claudio Brigante, Guido Marelli, Ilaria Cino, Anna Redaelli, Augusto Ferrari

Affiliations

PMID: 17952759 DOI: [10.1080/09513590701672405](#)

Abstract

Background: Polycystic ovary syndrome (PCOS) is often characterized by chronic oligo- or anovulation (usually manifested as oligo- or amenorrhea), and hyperandrogenism. In addition, 30-40% of PCOS women have impaired glucose tolerance, and a defect in the insulin signaling pathway (inositol-containing phosphoglycan mediators) seems to be implicated in the pathogenesis of insulin resistance. PCOS patients are subfertile as a consequence of such ovulatory disorders and often need drugs, such as clomiphene citrate or follicle-stimulating hormone, for ovulation induction, which increases the risk of multiple pregnancy and ovarian hyperstimulation syndrome. We hypothesized that the administration of an isoform of inositol (myo-inositol), belonging to the vitamin B complex, would improve the insulin-receptor activity, restoring normal ovulatory function.

Materials and methods: Twenty-five PCOS women of childbearing age with oligo- or amenorrhea were enrolled in the study. Ovulatory disorder due to PCOS was apparently the only cause of infertility; no tubal defect or deficiency of male semen parameters was found. Myo-inositol combined with folic acid (Inofolic) 2 g twice a day was administered continuously. During an observation period of 6 months, ovulatory activity was monitored with ultrasound scan and hormonal profile, and the numbers of spontaneous menstrual cycles and eventually pregnancies were assessed.

Results: Twenty-two out of the 25 (88%) patients restored at least one spontaneous menstrual cycle during treatment, of whom 18 (72%) maintained normal ovulatory activity during the follow-up period. A total of 10 singleton pregnancies (40% of patients) were obtained. Nine clinical pregnancies were assessed with fetal heart beat at ultrasound scan. Two pregnancies evolved in spontaneous abortion.

Conclusion: Myo-inositol is a simple and safe treatment that is capable of restoring spontaneous ovarian activity and consequently fertility in most patients with PCOS. This therapy did not cause multiple pregnancy.

[PubMed Disclaimer](#)

Related information

[MedGen](#)

[PubChem Compound](#)

[PubChem Compound \(MeSH Keyword\)](#)

[PubChem Substance](#)

LinkOut - more resources

Full Text Sources

[Taylor & Francis](#)

Other Literature Sources

[The Lens - Patent Citations](#)

Medical

[MedlinePlus Health Information](#)