

4th World Congress on

Polycystic Ovarian Syndrome

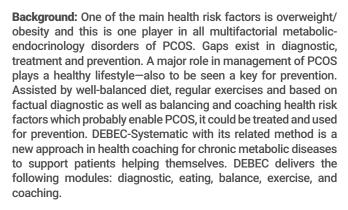
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HOW TO PREVENT AND MANAGE MULTIFARIOUS POLYCYSTIC OVARY SYNDROME (PCOS)?

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Method: DEBEC-Method ™ was used to manage diagnosed PCOS within a case study. The method was also tested in overweight female and male patients. To know about prevention measures, a short inquiry was done using PubMed, with the keywords "PCOS and prevention".

Result: The case studies with a PCOS-diagnosed and an overweight patient were conducted to show how an individual based therapy with defined modules (DEBEC-Method ™ derived from DEBEC-System) can be successfully related to health risk reduction and be suitable for daily use. Prevention measures for PCOS are not existent but some articles to prevent other comorbidities



Conclusion: Therapy with defined modules (DEBEC) is a sustainable and successful method within overweight/obesity related diseases. Suitable for daily use, the trained patient is enabled to maintain a healthy lifestyle. This patient orientated approach could be the key for prevention measure. Overweight and obesity with signs of insulin resistance and lipid metabolism should alert the medical fraternity. Because of a rather poor study situation, there is need for action. Long-term studies are recommended including body fat distribution in young girls.

Biography

Marion Eckert-Krause is a Specialist in Metabolic Diseases. After training as a Practice Nurse and Gardener, she studied Biology and Waste Management, and then worked for several years in Field Sales before moving to Internal Sales via Key Account Management. She spent nearly 10 years in Sales Operations before earning a Doctorate in Medicine. Since then, she has worked in Quality Management and began with PCOS research. She developed the DEBEC-Method® and ran several case studies with menopausal/postmenopausal women including PCOS-diagnosed patients. Since 2012, she is actively joining congresses in USA, Switzerland, Germany and Austria. Her institute, Fachinstitut für Stoffwechsel und Gesundheit—"FISGES" was founded in 2014 to take care of the PCOS-patients' needs with a focus on defined study. Since 2017, she is a Lecturer at the Private University in the Principality of Liechtenstein (UFL). Since 2018, DE-BEC-Method® is registered with number 295512 at the Austrian Patent and Trademark Office.

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