Jamellia Clark
Dr. Zaven O'Bryant
College of Southern Nevada

Effects of GLP-1 Receptor Agonists on Polycystic Ovary Syndrome

Polycystic ovary syndrome (PCOS) is a widespread endocrine disorder linked to obesity, insulin resistance, and hormonal imbalance, often resulting in both metabolic and reproductive complications. This study evaluates the potential role of GLP-1 receptor agonists, medications initially developed for type 2 diabetes and weight management, in treating obesity-related PCOS. Current evidence indicates that these therapies can support weight loss, enhance insulin sensitivity, and lower androgen levels. In individuals with PCOS, these effects may lead to improvements in both metabolic health and reproductive function. Together, these findings highlight the potential of GLP-1–based therapies as a comprehensive approach to managing PCOS, although additional research is necessary to clarify long-term outcomes. Future work should investigate appropriate dosing strategies and assess long-term safety across diverse populations. It is also important to examine their effects on fertility and ovulatory function in clinical settings. Overall, GLP-1 receptor agonists offer a promising pathway for more integrated and effective PCOS treatment.