Association between the Reduction of Carbohydrates from Starch and Hyperandrogenemia in Women with Polycystic Ovary Syndrome (PCOS)

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- Current 2-year Clinical Study funded by the Laura W. Bush Institute for Women’s Health and University Medical Center.

- As of 5-13-2013, we have enrolled 27 participants. 18 have completed the study. 6 participants are currently participating in the dietary intervention. 3 discontinued the study due to lack of compliance with the diet. Mean weight loss has been 18 pounds in 8 weeks.

- We recently presented a poster at the 5th International Congress on Prediabetes and the Metabolic Syndrome in Vienna, Austria April 18-20, 2013 titled, “Women with Polycystic Ovary Syndrome (PCOS) Demonstrate Improved Fat Oxidation After Low Starch Diet.”

- We will present a poster at the Endocrine Society national meeting in San Francisco, CA June 15-18, 2013 titled, “Women with Polycystic Ovary Syndrome Demonstrate Improved Fasting and 2-hour Insulin Following 8-Week Low Starch/Low Dairy Diet.”