

**Mini-Symposium:**

**New insights from basic and clinical studies of PCOS**

**Preface**

Hideki IGARASHI

Mini-symposium Editor  
Department of Obstetrics and Gynecology,  
Faculty of Medicine, Yamagata University  
E-mail: igarashi@med.id.yamagata-u.ac.jp

Polycystic ovary syndrome (PCOS) is a commonly observed endocrine disorder affecting 4 to 12% of all women of reproductive age, and the syndrome is characterized by the occurrence of hyperandrogenism, ovulatory dysfunction, and infertility. While the pathoetiological factors of PCOS may be various, insulin resistance and compensatory hyperinsulinemia are the most commonly observed features of PCOS. It is well known that insulin resistance may be related not only to metabolic dysfunction, but also to ovulatory dysfunction in PCOS. In fact, insulin sensitizers are widely used for the treatment of ovulation disorder in PCOS. For the development of new therapeutic strategies, it is very important to understand the mechanism of ovulatory dysfunction in PCOS.

This mini-symposium will introduce the recent progress in both basic and clinical studies of PCOS. Reviewing the mechanisms of ovulatory dysfunction, Dr. Orisaka and Dr. Hara will propose a potential therapeutic strategy for the treatment of infertility in PCOS. Dr. Matsuzaki and Dr. Baba will review PCOS-related insulin resistance and hyperandrogenism in Japanese women. Data on the characteristics of PCOS collected from Japanese people are of considerable value, because their characteristics may differ from those of the people of non-Japanese origin.

We are confident that this symposium will help us further our understanding of PCOS, and inspire many younger researchers to enter this research field.