

Evaluation of Adipokines (Adiponectin, Resistin and Ghrelin) in Women with Polycystic Ovary Syndrome

Thesis

Submitted for partial fulfillment of the Master degree in
Obstetrics & Gynecology

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List of Contents

| <i>Title</i> | <i>Page No.</i> |
|--|-----------------|
| List of Tables..... | i |
| List of Figures | iii |
| List of Abbreviations..... | v |
| Protocol | vii |
| Abstract | xxiv |
| Introduction | 1 |
| Aim of the work | 6 |
| <u>Review of literature</u> | |
| Chapter (1): Polycystic Ovary Syndrome (PCOS) | 7 |
| Chapter (2): Adipokines and PCOS | 32 |
| Chapter (3): Insulin Resistance in PCOS | 54 |
| Patients and Methods | 74 |
| Results | 83 |
| Discussion | 103 |
| Summary | 118 |
| Conclusion..... | 121 |
| Recommendations | 122 |
| References | 124 |
| Arabic summary | |

List of Contents

List of Tables

| <i>Table No.</i> | <i>Title</i> | <i>Page No.</i> |
|--------------------|---|-----------------|
| Table (1): | Descriptive statistics of the basic demographic and clinical data of the study population | 87 |
| Table (2): | Descriptive statistics for the study population as regards their hormonal, lipid, insulin resistance and adipokine profiles | 88 |
| Table (3): | Comparison between stratified subgroups regarding demographic and clinical characteristics..... | 89 |
| Table (4): | Comparison between stratified subgroups regarding hormonal profile. | 90 |
| Table (5): | Comparison between stratified subgroups regarding adipokine profile..... | 91 |
| Table (6): | Comparison between stratified subgroups regarding demographic and clinical characteristics..... | 94 |
| Table (7): | Comparison between stratified subgroups regarding hormonal profile.Comparison between stratified subgroups regarding hormonal profile. | 95 |
| Table (8): | Comparison between stratified subgroups regarding glycemic profile..... | 96 |
| Table (9): | Comparison between stratified subgroups regarding adipokine profile..... | 97 |
| Table (10): | Least squares multiple regression model | 99 |

| | |
|--|-----|
| Table (11): Regression equation..... | 99 |
| Table (12): Least squares multiple regression model | 100 |
| Table (13): Regression equation..... | 100 |
| Table (14): Least squares multiple regression model | 101 |
| Table (15): Regression equation..... | 101 |
| Table (16): Least squares multiple regression model | 102 |
| Table (17): Regression equation..... | 102 |

List of Figures

| <i>Fig. No.</i> | <i>Title</i> | <i>Page No.</i> |
|---------------------|--|-----------------|
| Figure (1): | Polycystic Ovary as seen on Sonography | 14 |
| Figure (2): | Trans vaginal ultrasound scan of polycystic ovary..... | 14 |
| Figure (3): | Polycystic Ovary as seen on Sonography | 14 |
| Figure (4): | Summary of a targeted approach to therapy in polycystic ovary syndrome (PCOS) | 23 |
| Figure (5): | Obesity, Adipokines and Insulin resistance. | 33 |
| Figure (6): | Interaction between adipocytes and immune cells | 35 |
| Figure (7): | Adipokines classified by functional role..... | 37 |
| Figure (8): | Inflammatory and acute-phase response proteins secreted from adipocytes..... | 38 |
| Figure (9): | Adiponectin and its signalling pathways | 45 |
| Figure (10): | Structures of human and rat ghrelins. | 51 |
| Figure (11): | Complex interaction between adipokines in β -cell specific effects..... | 53 |
| Figure (12): | Pathways to insulin resistance..... | 56 |
| Figure (13): | An overview of peripheral insulin resistance and its role in the pathogenesis of PCOS..... | 59 |
| Figure (14): | PCOS & peripheral insulin resistance..... | 63 |

| | |
|--|----|
| Figure (15): Molecular mechanisms of insulin resistance in adipose tissue in PCOS. | 68 |
| Figure (16): CONSORT 2010 flow diagram showing the recruitment and handling of the study population during the course of the study..... | 86 |
| Figure (17): Bar graph summarizing demographic and clinical data of the two subgroups. | 89 |
| Figure (18): Bar graph summarizing hormonal profile in the two subgroups. | 90 |
| Figure (19): Bar graph summarizing adipokine profile in the two subgroups. | 91 |
| Figure (20): Scatter diagram for the relation between HOMA2-IR (y-axis) and adiponectin (upper left), gherlin (upper right), resistin (lower center)..... | 92 |
| Figure (21): Bar graph summarizing demographic and clinical data of the two subgroups. | 94 |
| Figure (22): Bar graph summarizing hormonal profile in the two subgroups. | 95 |
| Figure (23): Bar graph summarizing glycemic profile in the two subgroups. | 96 |
| Figure (24): Bar graph summarizing adipokine profile in the two subgroups. | 97 |
| Figure (25): Scatter diagram for the relation between BMI (x-axis) and adiponectin (upper left), gherlin (upper right), resistin (lower center) on the y-axis. | 98 |

List of Abbreviations

| <i>Abbr.</i> | <i>Full Term</i> |
|----------------|---|
| AdipoR1 | Adiponectin receptor |
| AMH | Ante Mullerian hormone |
| AMPK | AMP activated protein kinase |
| ASRM | American Society of Reproductive Medicine |
| BMI | Body mass index |
| CAH | Congenital adrenal hyperplasia |
| CRP | C-Reactive protein |
| DM | Diabetes mellitus |
| FSH | Follicle stimulating hormone |
| FSIVGTT | Frequently sampled intravenous glucose tolerance test |
| GHS | Growth hormone secretagogue |
| GnRH | Gonadotrophin releasing hormone |
| GTT | Glucose tolerance test |
| HMW | High molecular weight |
| HOMA | Homeostasis model assessment |
| IL-6 | Inter- leukin 6 |
| IR | Insulin resistance |
| IRS | Insulin receptor substrate |
| IVF | In vitro fertilization |

List of Abbreviations

| | |
|---------------------------------|--|
| LH | luteinizing hormone |
| NGF | Nerve growth factor |
| NIH | National Institute of Health |
| PAI | Plasminogen activator inhibitor |
| PPAR-α | Peroxisome proliferator-activated receptor- α |
| QOL | Quality of life |
| QUICKI | Quantitative insulin sensitivity check index |
| RELM | Resistin-like molecule |
| SHBG | Sex hormone binding globulin |
| SNPs | Single nucleotide polymorphisms |
| TGF | Tumor growth factor |
| TNF | Tumor necrosis factor |
| TZDs | Thiazolidinediones |
| VEGF | Vascular endothelial growth factor |
| WBISI | Whole-body insulin sensitivity |
| WHO | World health Organization |

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Protocol of Thesis

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Introduction

Polycystic ovary syndrome (PCOS) is a common heterogeneous, heritable endocrine disorder characterized by irregular menstruation, hyperandrogenism and polycystic ovaries. According to Rotterdam ESHRE/ASRM, 2003 criteria, two out of three are enough to diagnose PCOS including oligo-ovulation or anovulation, biochemical and/or clinical hyperandrogenism, polycystic ovaries by ultrasound and diagnosis should be done after exclusion of other causes that mimic the clinical features of PCOS as thyroid diseases, hyperprolactinemia and congenital adrenal hyperplasia, (*Rotterdam, 2004*).

The prevalence of PCOS is about 15%–20% when the ESHRE/ ASRM criteria are used. Clinical manifestations include oligomenorrhea or amenorrhea, hirsutism, and frequently infertility. Risk factors for PCOS in adults includes type 1 diabetes, type 2 diabetes, and gestational diabetes. Insulin resistance affects 50%–70% of women with PCOS leading to a number of comorbidities including metabolic syndrome (MetS) that include (central obesity, dyslipidemia, impaired glucose metabolism, and elevated blood pressure), hypertension, dyslipidemia, glucose intolerance, obesity and diabetes. Mental health problems as depression, bipolar disorder, anxiety, and eating disorders are also recorded (*Sirmans and Pate, 2014*).

PCOS originates in multiple genetic and environmental factors and its further development involves interaction of diverse organs or tissues (**Harwood, 2012**).

Adipose tissue is a versatile organ, crucial for maintaining homeostasis by storing and dispersing energy, producing and releasing adipokines and cytokines and free fatty acids and hormones, with the ability to influence other cells of the body in autocrine, paracrine and endocrine fashion. This highly metabolically active tissue is distributed throughout the body in discrete depots, and its development, expansion and energy balance are regulated by an integrated network of genetic, environmental, epigenetic and pharmacological factors (**Diedrich et al., 2015**).

Adipose tissue dysfunction as in obesity and PCOS leads to development of cardio-metabolic diseases including the metabolic syndrome, type 2 diabetes, inflammatory disorders, and vascular disorders that ultimately lead to coronary heart disease altering secretion pattern of its adipokines as adiponectin, leptin, and resistin (**Harwood, 2012; Akbarzadeh et al., 2012**).

Though considered a low grade chronic inflammatory process (**Duleba et al., 2012**), it needs to be fully evaluated that whether inflammatory cytokines also mediate the development of PCOS. Several investigations have shown that obesity is not necessarily present in women with PCOS

(Wang and Zhu, 2012).

Many studies demonstrated that some adipokines have multiple biological effects, however, it is still uncertain whether metabolic status could be associated with a peculiar inflammatory pattern in PCOS patients. Adiponectin is one of the most studied adipokines which is considered a protein hormone responsible for regulating multiple metabolic processes **(Diedrich et al., 2015).**

Many other proteins have been proposed as potential new markers of Insulin resistance in PCOS, such as resistin, leptin, RBP4, kisspetin and ghrelin, but their role is still controversial **(Polak et al., 2016).**

Resistin is an adipose-derived peptide hormone discovered in 2001 that potentially links obesity and diabetes mellitus **(Polak et al., 2016).**

Ghrelin is a multifunctional peptide hormone secreted principally in the stomach. It stimulates several biological functions including food intake, glucose release, cell proliferation and reproduction **(Polak et al., 2016).**

Insulin has a broad range of metabolic and mitogenic actions in many tissues **(Kahn 1985).** It is important to specify the biological action of insulin being measured as well as the tissue being considered, because its action is regulated not only by changes in its concentration but also through changes in the sensitivity of target tissues to

hormone action (*Kahn 1985*). Insulin resistance has been defined as a state (of a cell, tissue, or organism) in which a greater than normal amount of insulin is required to elicit the appropriate response (*Mantzoros 1995*). Increased insulin secretion by β -cells is the normal response and compensatory hyperinsulinemia follows. As long as hyperinsulinemia overcomes insulin resistance, glucose levels remain normal; if β -cells compensatory response declines; relative or absolute insulin insufficiency develops, with metabolic consequences, i.e., IGT and DM2. The WHO describes insulin resistance as a glucose uptake below the lowest quartile under hyperinsulinemic euglycemic conditions for the background population. Reaven originally identified 25% of the general population as insulin resistant (*World Health Organization (WHO) Expert Committee on Diabetes Mellitus Second Report 1980*).

Although several tests exist to assess insulin resistance, the availability of new markers is highly needed in the aim to achieve a more reliable assessment of insulin metabolism. To date, a number of new proteins have been proposed as surrogate markers for the assessment of insulin resistance.

The present study will be carried out to assess the association between adipokines, insulin resistance and obesity in women with PCOS, and its clinical significance.