

What is the study about?

With this study we are trying to find out whether Fish Oil as a supplement to metformin can have a beneficial effect on managing high levels of blood sugars and blood fats to reduce the risk of developing heart diseases in women with PCOS.

What is PCOS?

Polycystic Ovary Syndrome (PCOS) is a complex endocrine-metabolic disorder affecting about 15% of females and impacting health and quality of life

What does Metformin do?

Metformin is commonly prescribed as standard of care in PCOS to individuals with altered blood sugar levels, such as in Type 2 Diabetes, or those with high levels of insulin in their blood.

What does Fish Oil do?

Fish Oil is a natural health product and has been shown to reduce the levels of bad fats in the blood. Fish Oil supplements have been used in the treatment of heart disease.

To participate and to learn more about the study:

Email:

pcostogether@ualberta.ca

Or scan the QR code



For more info on PCOS research follow us:

Website: pcos.together.ualberta.ca

Facebook: [PCOS Together](https://www.facebook.com/PCOSTogether)

X: [@PCosTogether](https://twitter.com/PCosTogether)



women & children's
health research institute



PCOS
Together

*PCOS Together
at the University of Alberta
is currently recruiting for a*

PCOS Fish Oil & Metformin Study



Ethics approval:
Pro00141707

Principal Investigators: Dr. Donna Vine, PhD
Dr. Mahua Ghosh, MD

Study title: Fish Oil, Metformin and Heart Health
in Polycystic Ovary Syndrome

PCOS
Together



PCOS
Together



PCOS
Together



Can I participate?

We are currently recruiting for the following criteria:

- ✓ **25 - 45 years old**
- ✓ **Diagnosis of PCOS**
- ✓ **Overweight**

Commitment to participate

- ✓ **On metformin for the duration of the study**
- ✓ **Not being pregnant for the duration of the study**

What will happen in the study?

The study will last for 12 months with clinic visits scheduled every 3 months.

- You will be assigned at random to one of two groups: Fish oil or Placebo group.
- You will undergo a variety of tests. Procedures will take place at locations within the University of Alberta.
- You will receive nutritional and lifestyle counseling from a Registered Dietitian.

What do the tests and procedures look like?

Anthropometric measurements

We will measure your

- Height
- Weight
- Body composition



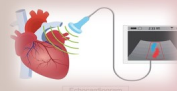
Your body composition will be measured while sitting for 5 – 10 minutes in a **BOD POD chamber**. A BOD POD measures your body mass and volume, from which whole-body density, fat, and lean body mass are determined.

Assessment of blood fat levels

A fasting blood sample will be drawn after a 12-hour fasting over night. Then you will be given a milkshake to drink and blood samples will be collected at 2, 4, 6 and 8 hours thereafter. You will be able to drink during the test and will receive snacks.

Heart health and blood vessel tests

On your clinic day visits 1 and 5 (last visit), you will have measurements taken of your heart and one major blood vessel in your neck using **Magnetic resonance image (MRI) scanning**



and ultrasound methods using **Echocardiography**.

What are the risks?

All procedures are performed by experienced technicians and are painless and risk-free. Blood draws may cause some pain and bruising due to the needle prick.

Compensation

You will be reimbursed for the cost of travel and parking and will receive a \$50 WEM Shopping Mall certificate for participation.

PCOS Together



PCOS Together



PCOS Together

