

Table 1. Anthropometrical measures, concentrations of hormones at baseline (O m) and after the 12 months (12 m) therapy and parameters of HPA axis activity in PCOS women and controls

	Controls (n=20)	PCOS pre-therapy (0m) (n=12)	p PCOS pre-therapy vs. Controls	PCOS post-therapy (12 m) (n=12)	p PCOS post- therapy vs. PCOS pre-therapy
BMI (kg/m ²)	23.50±2.25	22.05±3.97	0.82	20.98±2.20	0.46
WC (cm)	84.15±14.60	78.17±11.47	0.18	74.33±5.17	0.62
Waist/Hip ratio	0.82±0.07	0.81±0.05	0.95	0.79±0.03	0.67
Testosterone (nmol/l)	1.57±0.71	3.30±1.34	<0.0001	2.33±0.72	0.005
SHBG (nmol/l)	56.15±26.54	36.56±16	0.02	119.41±73	0.008
FAI	3.41±2.01	9.75±3.09	<0.0001	2.88±1.88	0.008
DHEAS (nmol/l)	4.70±1.89	10.06±5.24	0.003	6.86±3.80	0.02
Triglycerides (mmol/l)	1.00±0.85	0.88±0.35	0.83	1.47±0.50	0.001
Cholesterol (mmol/l)	5.04±1.13	5.11±0.87	0.79	5.95±1.10	0.003
HDL (mmol/l)	1.39±0.28	1.38±0.27	0.80	1.61±0.28	0.001
LDL (mmol/l)	3.19±1.08	3.33±0.66	0.53	3.67±1	0.10
Glucose (mmol/l)	4.58±0.45	4.29±0.29	0.08	4.45±0.27	0.14
Insulin (mU/l)	15.29±6.91	15.53±10.24	0.70	21.46±10.33	0.09
HOMA	3.12±1.58	2.89±1.68	0.52	4.25±2.07	0.06
Uric acid (nmol/l)	240.79±48.80	235.14±51.64	0.70	202.45±38.39	0.11
Cortisol (nmol/l)	409.27±141.77	537.38±216.10	0.12	791.00±267.57	0.02
Cortisol after DST (nmol/l)	43.74±39.06	29.12±26.38	0.41	100.78±68.05	0.005
Suppression of cortisol at DST (%)	88.11±11.91	94.71±2.71	0.03	87.28±8.06	0.003

Values are means ± SD. BMI: body mass index, WC: waist circumference, SHBG: sex hormone-binding globulin, FAI: free androgen index, DHEAS: dehydroepiandrosterone sulfate, HOMA: homeostasis model assessment, DST: dexamethasone suppression test.