

## **APPLICATION OF THIOCTIC ACID IN WOMEN WITH POLYCYSTIC OVARY SYNDROME AND NORMAL BODY WEIGHT**

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### **ABSTRACT**

27 women with polycystic ovary syndrome and normal body weight were divided into 2 groups. Within 1 year, the patients of the main group (n = 16) received a high-protein diet for 2100 calories in combination with thioctic acid, 600 mg per day (Berlition, 300 mg 1tab × 2 times a day or 300mg, 2 tab 30 minutes before breakfast for 1 year). Anthropometric examination, determination of the level of basal and stimulated blood plasma insulin during the oral glucose tolerance test (OGTT), calculation of the insulin resistance index (HOMA-IR), the volume of the ovaries, the thickness of the endometrium according to ultrasound were performed baseline and after 1 year of treatment. As a result of therapy with thioctic acid in the main group, the basal and stimulated insulin levels of blood plasma, the HOMA-IR index, the volume of the right and left ovaries decreased, the dominant follicle appeared. These changes were achieved against the background of weight gain (in the norm range), an increase of estrogen levels and endometrial thickness in most patients.

**KEYWORDS:** Thioctic Acid, Hyperinsulinemia, Polycystic Ovary Syndrome & Normal Body Weight