

POLYCYSTIC OVARIAN SYNDROME

Background

This case definition was developed by the Armed Forces Health Surveillance Center (AFHSC) for the purpose of epidemiological surveillance of a condition important to military-associated populations.

Clinical Description

Polycystic ovarian syndrome (PCOS) is an endocrine condition characterized by hyperandrogenism, ovulatory dysfunction and polycystic ovaries. Related signs and symptoms include hirsutism, infertility, obesity, hypertension and diabetes. The differential diagnoses are broad and other disorders that may result in menstrual irregularity and hyperandrogenism must be ruled out before a diagnosis is made. Treatment is directed at the underlying condition and resulting symptoms. Lifestyle changes, such as diet and exercise, are considered first-line treatment for women with PCOS. Pharmacologic treatments may be used to correct metabolic abnormalities and anovulation.^{1,2}

Case Definition and Incidence Rules

For surveillance purposes, a case of polycystic ovarian syndrome is defined as:

- *One hospitalization* with a defining diagnosis of polycystic ovarian syndrome (see ICD9 and ICD10 code lists below) in the *primary* or *secondary* diagnostic position; or
- *Two outpatient medical encounters* with a defining diagnosis of polycystic ovarian syndrome (see ICD9 and ICD10 code lists below) in *any* diagnostic position.

Incidence rules:

For individuals who meet the case definition:

- The incidence date is considered the date of the first hospitalization or outpatient medical encounter that includes a defining diagnosis of polycystic ovarian syndrome.
- An individual is considered an incident case only *once per lifetime*.

Exclusions:

- None

¹ American College of Obstetricians and Gynecologists. Polycystic ovary syndrome. Washington, DC: American College of Obstetricians and Gynecologists; 2009. ACOG practice bulletin; no. 108.

² Legro RS, Arslanian SA, Ehrmann DA, et al. Diagnosis and treatment of polycystic ovary syndrome: an Endocrine Society clinical practice guideline. *J Clin Endocrinol Metab.* Oct 22, 2013.



Codes

The following ICD9 codes are included in the case definition:

Condition	ICD-10-CM Codes	ICD-9-CM Codes
Polycystic ovarian syndrome (PCOS)	E28.2 (polycystic ovarian syndrome)	256.4 (polycystic ovaries)

Development and Revisions

- In January of 2015 the case definition was updated to include ICD10 codes.
- This case definition was developed in September of 2013 by Armed Forces Health Surveillance Center staff for use in a MSMR article on polycystic ovarian syndrome. The definition was developed based on reviews of the ICD9 codes, the scientific literature, and previous AFHSC analyses.

Case Definition and Incidence Rule Rationale

- None

Code Set Determination and Rationale

- In January of 2015 the case definition was updated to include ICD10 codes.

Reports

None

Review

Jan 2015	Case definition reviewed and updated by the AFHSC Surveillance Methods and Standards (SMS) working group.
Jan 2014	Case definition reviewed and adopted by the AFHSC Surveillance Methods and Standards (SMS) working group.
Sept 2013	Case definition developed by AFHSC MSMR staff.

Comments

None

