



ISSN: 2347-6567

International Journal of Allied Medical Sciences and Clinical Research (IJAMSCR)

IJAMSCR | Vol.14 | Issue 2 | Apr - Jun - 2026

www.ijamscr.com

DOI : <https://doi.org/10.61096/ijamscr.v14.iss2.2026.1015-1018>

A Comparative Study of the Prevalence and Over Lap of Endometriosis and Polycystic Ovarian Syndrome [PCOS] in Clinical and General Populations

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Published on:
08.06.2026
Published by:
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Abstract: Endometriosis involves ectopic endometrial tissue and Inflammation, whereas PCOS is defined by hyperandrogenism, metabolic dysfunction, and ovulatory failure.

Aim: prevalence and study of endometriosis and pcos

Objective: This study aimed to examine the overlap and Common symptoms of polycystic ovarian syndrome and endometriosis.

Method: Endometriosis and PCOS are distinct conditions with different causes endometriosis involves uterine tissue growing outside the uterus, while PCOS is an endocrine disorder causing hormone imbalances and cysts. However, they often coexist, causing shared symptoms like infertility, chronic inflammation, and pelvic pain, and are managed using similar hormonal treatments, lifestyle changes, and sometimes laparoscopic surgery.

Results: A total of 200 students took part in this with females (100) and males (0) Age of the participants ranging from 18-25yrs. In this study females were more likely to demonstrate perception in dissection room experiences than male.

Conclusion: The study highlights the. Implemented of endometriosis and Pcos and application of public health dentistry. Hence, the teacher's role in the medical/dental profession would be to utilize the already developed concepts about implementation of endometriosis and Pcos and application of public health dentistry by the newly admitted undergraduate students and facilitate the development of a holistic concept of dental.

Keywords: Research, symptom tracking, and finding specialized care for Endometriosis and PCOS.

INTRODUCTION:

Endometriosis and Polycystic Ovary Syndrome (PCOS) are common, chronic gynecological disorders in women of reproductive age that, while distinct in origin, often share symptoms like infertility and pelvic discomfort. Endometriosis involves uterine-like tissue growing outside the uterus causing pain, whereas PCOS is a hormonal disorder causing irregular ovulation and cysts.

METHODOLOGY:-

Endometriosis is characterized by chronic inflammation and tissue growth outside the uterus, requiring a diagnosis often confirmed by laparoscopy.

- Pain Management: Nonsteroidal anti-inflammatory drugs (NSAIDs) are used for cramping.
- Hormonal Therapy: Aimed at suppressing the menstrual cycle to reduce lesions, including:

- Combined hormonal contraceptives (pills, patch, and ring).
- Progestin-only therapies (oral, injections, IUDs).
- Gonadotropin-releasing hormone (GnRH) agonists or antagonists to create a temporary, reversible menopause state.
- Surgical Treatment: Laparoscopy (minimally invasive) or laparotomy to excise or ablate endometriosis implants and remove cysts (endometrioses), often improving pain and fertility. Complementary Therapies: Pelvic floor physical therapy, dietary adjustments, and counselling for chronic pain management. Methodology for Polycystic ovary syndrome (PCOS) PCOS is a metabolic and endocrine disorder diagnosed using the Rotterdam criteria (at least 2 of: ovulatory dysfunction, hyperandrogenism, polycystic ovaries). Life style Intervention: First-line approach; includes reduced-calorie diets and regular physical activity to improve weight, insulin resistance, and ovulation.

Pharmacologic Management:

Menstrual Regulation: Combined oral contraceptives (COCs) are first-line to regulate periods, lower androgen levels, and reduce endometrial cancer risk.

Hyperandrogenism (Acne/Hirsutism):

(e.g., spironolactone). COCs and anti-androgens Metabolic Issues: Metformin is used to treat insulin resistance and support weight loss. Fertility Treatment: Ovulation induction with letrozole (preferred) or clomiphene Screening: Monitoring for comorbidities including type 2 diabetes, metabolic syndrome, fatty liver, and endometrial cancer.

RESULTS:

A total of 200 students took part in this with females (100) and males (0) Age of the participants ranging from 18-25yrs. In this study females were more likely to demonstrate perception in dissection room experiences than male. Significantly third years showed greater familiarity with advanced applications than fourth year students.

N	Minimum	Maximum	Mean	Std. Deviation
200	19	24	21.46	1.043

GENDER

Gender	Frequency	Percent	Valid Percent
Male	74	36.6	36.6
Female	128	63.4	63.4
Total	202	100.0	100.0

Year of Study	Frequency	Percent
III BDS	133	66.5
IV BDS	67	33.5
Total	200	100

YEAR OF STUDY

Distribution and comparison of responses based on year of the study:

Question	Response	III BDS n (%)	IV BDS n (%)	Chi-Value	P-Value
Q1	1	78 (67.2)	38 (32.8)	3.374	0.05*
	2	23 (67.6)	11 (32.4)		
	3	21 (63.6)	12 (36.4)		
	4	11 (61.1)	7 (38.9)		
Q2	1	21 (40)	25 (36)	8.554	0.06
	2	14 (22.2)	16 (61.1)		
	3	28 (10)	9 (70)		
	4	70 (43.1)	17 (18.1)		
Q3	1	58 (41.4)	27 (19.3)	21.445	0.08
	2	36 (25)	14 (58.3)		

	3	12 (35.3)	10 (29.4)		
	4	27 (57.1)	16 (35.7)		
Q4	1	37 (38.9)	28 (33.3)	27.128	0.246
	2	36 (27.3)	14 (63.6)		
	3	5 (26.1)	10 (43.5)		
	4	55 (43.3)	15 (17.3)		
Q5	1	41 (5.4)	2 (2.5)	12.714	0.048*
	2	26 (8.1)	7 (8.9)		
	3	14 (16.2)	9 (11.5)		
	4	52 (70.2)	49 (64.1)		
Q6	1	43 (76.5)	47 (74.7)	2.257	0.323
	2	27 (10.4)	9 (9.1)		
	3	38 (11.6)	4 (17.6)		
	4	25 (9.6)	7 (8.6)		
Q7	1	44 (56.7)	47 (65.4)	2.712	0.607
	2	10 (14.7)	9 (13.3)		
	3	46 (12.7)	4 (18.7)		
	4	33 (18.6)	7 (8.6)		
Q8	1	15 (41.7)	9 (20.8)	34.979	0.06
	2	26 (16.7)	18 (75)		
	3	36 (21.4)	35 (53.6)		
	4	56 (29.6)	5 (18.5)		
Q9	1	60 (71.2)	44 (72.7)	14.651	0.08
	2	34 (11.1)	12 (13.2)		
	3	6 (15.6)	3 (15.4)		
	4	33 (7.5)	8 (7.5)		
Q10	1	27 (35)	6 (30)	12.306	0.055
	2	59 (40.6)	41 (22.4)		
	3	14 (46.2)	14 (46.2)		
	4	33 (20)	6 (60)		
Q11	1	25 (33.3)	4 (26.7)	33.408	0.076
	2	31 (13.6)	16 (72.7)		
	3	23 (40)	11 (36.7)		
	4	54 (43.8)	45 (17.1)		
Q12	1	24 (80.0)	6 (20.0)	4.546	0.04*
	2	53 (61.6)	33 (38.3)		
	3	13 (56.5)	10 (43.5)		
	4	43 (70.4)	18 (29.6)		

P≤0.05 is statistically significant

DISCUSSION:

The study assessed Implementation of PCOS Endometriosis and application of public health dentistry. The demographic analysis revealed that participants primarily between 18 and 25 years old, with a slight female majority (100%) Students from all academic levels, including final years were included. While a significant portion of students acknowledged the opinions implemented OF PCOS Endometriosis and application of public health dentistry and importance of maintaining a dental health benefits of genomics, some lacked formal education on the subject. A considerable percentage expressed interest in various options in the implementation of PCOS Endometriosis and application of public health dentistry in to the dental health There was a split in opinion regarding sharing patient related content, indicating a need for qualities of a dental health benefits of genomics .Additionally, a notable number of students had experienced poor knowledge, which raises concerns about opinions on the dental health benefits of genomics in public health Dentistry

CONCLUSION:

The study highlights the. Implemented OF endometriosis and Pcos and application of public health dentistry Hence, the teacher's role in the medical/dental profession would be to utilize the already developed concepts

about implementation of endometriosis and Pcos and application of public health dentistry by the newly admitted undergraduate students and facilitate the development of a holistic concept of dental health benefits. As an individual student, one may not have covered all the implementation of pcos and endometriosis and application of public health dentistry.

References:

- Co-occurrence and Infertility: Holophotal (2014) explore the coexistence of these conditions in women with infertility.
- Diametric Disorders: Dins dale & Crispi (2021) analyze how these conditions represent opposite ends of a spectrum regarding hormones and metabolic factors.
- Epidemiology: A recent study (2026) reviews the high prevalence and impact of these disorders in reproductive age.
- Symptoms & Diagnosis: Pelvic Rehab offers a breakdown of how to distinguish the symptoms of the two conditions.
- Biological Similarities: A review of the epigenetic correlations between the two conditions. The Pcos Society.