

4th International Conference on Pediatrics & Neonatology & 5th International Conference on Gynecology and Obstetrics

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August 13–14, 2026 | Barcelona, Spain



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Biography

Juri Altaouil is a Rutgers University graduate with dual Bachelor's degrees in Psychology and Health Administration and a Minor in Biological Sciences. She is a Research Intern at the Women's Health Institute at Rutgers Robert Wood Johnson Medical School, where her work focuses on women's reproductive health, environmental health equity, and the effects of climate change on maternal and neonatal outcomes. Juri is passionate about advancing reproductive justice through interdisciplinary research and public health advocacy.

GLP-1 Receptor Agonists as a Novel Therapeutic Pathway for Improving Reproductive Function in Women With PCOS

Abstract

Polycystic ovary syndrome (PCOS) is a common endocrine disorder affecting reproductive-aged women worldwide and is typically characterized by insulin resistance, hyperandrogenism, and ovulatory dysfunction, all of which contribute to impaired fertility leading to difficulty in conception. Current treatments for PCOS-related infertility, including lifestyle modification, metformin, and ovulation-inducing agents, are limited in their ability to address both metabolic and reproductive dysfunction simultaneously. This paper aims to conduct a literature review on the effects of glucagon-like peptide-1 receptor agonists (GLP-1 RAs) on fertility-related outcomes in women with PCOS. This study reviews the emerging role of glucagon-like peptide-1 receptor agonists (GLP-1 RAs) in improving fertility-related outcomes in women with PCOS. Evidence from narrative reviews, systematic reviews, meta-analyses, and clinical studies suggests that GLP-1 RAs improve weight loss, insulin sensitivity, and androgen levels while also enhancing reproductive outcomes such as menstrual regularity, ovulation, and spontaneous pregnancy rates in women with PCOS. Overall, GLP-1 RAs represent a promising preconception therapeutic strategy for women with PCOS, particularly those with obesity and insulin resistance. However, larger, well-designed clinical trials are needed to establish long-term safety and efficacy in reproductive outcomes.