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## Turning the Threat of SARS-CoV-2 Crisis into an Opportunity for a Better Lifestyle in Adolescents with Polycystic Ovary Syndrome



### Letter to Editor

At present severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) is a global public health disaster (Alabdulmonem, Shariq, & Rasheed, 2020). The pandemic condition of this infection, self-isolation or quarantine regarding the fear of loss life and economic and social impact following them may have enforced dramatic changes to daily living activities including physical activity, sleep and dietary habits of adolescents. Considering these conditions, it seems that the clinical presentation of chronic disorders like polycystic ovary syndrome (PCOS) and non-adherence to treatment recommendations can be quite severe.

Polycystic ovary syndrome (PCOS) is a lifestyle disease (Pathak & Nichter, 2015), which life style is a detriment factor in developing of PCOS and its management. Increasing youth physical inactivity, sedentary behavior and unhealthy habits during outbreak of SARS-CoV-2 lead to short term and long term impacts on different aspects of their health (Margaritis, Houdart, El Ouadrhiri, et al., 2020). In addition, SARS-CoV-2 may have a trigger for occurrence of mental health disorders and emotional disturbance (Liang, Ren, Cao, et al., 2020; Trnka & Lorencova, 2020). On the other hand, quarantine related to the SARS-CoV-2 pandemic associated with the lack of peer contact, limitation in leisure time activities in adolescents (Fegert, Vitiello, Plener, et al., 2020). So it seems that change in lifestyle affects the clinical presentation of PCOS and leads to an increase the poor hormonal and metabolic profile in adolescents with PCOS, so they may experience the severe symptoms of menstrual irregularity, weight gain, and dermatologic changes like acne, hair loss and hirsutism.

Generally, it seems that the lifestyle changes regarding the SARS-CoV-2 pandemic may elevate the risk of PCOS in adolescents and worsens the clinical presentation in adolescents with a previous diagnosis of PCOS. The adolescent's parents and health care providers should strive to support the adolescents with PCOS. So the parents and clinicians have a key role in turning the threat of SARS-CoV-2 crisis into an opportunity for a better lifestyle in adolescents with PCOS.

Take steps to improve the lifestyle of adolescents have an important role in their health (Hammami, Harrabi, Mohr, et al., 2020; Margaritis et al., 2020; Ricci, Izzicupo, Moscucci, et al., 2020). Therefore, it is recommended that:

Avoid the installation of unhealthy habits.

Motivating adolescent to have regular time for sleep, waking up, and main meals.

Motivating adolescent to home-based physical activity, bodyweight training, and active gaming.

Motivating adolescent to healthy eating behavior and regular consumption of fruit and vegetables.

Parents provide reminders of required tasks for them.

Health care providers help to manage the symptoms and reduce stress and anxiety related to the clinical presentation of PCOS by Webinar social networks.

### Author contributions

All authors contributed equally to the drafting of the manuscript.

### Declaration of Competing Interest

The authors declare that they have no conflict of interest.

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