



dutch cases

# DISCLAIMER

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Please be aware that different healthcare providers may have varying approaches to lab testing and interpretation. The selection of specific tests, methodologies, and treatment recommendations can differ based on the provider's training, experience, and the individual needs of the patient. Providers should always use their best clinical judgment when making decisions for patient care.

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# Case 4: Gabby

## Infertility/PCOS



# Case 4: Gabby, a 31-yo Female with Infertility/PCOS

## Chief Complaints

- Infertility
- Hair loss
- Acne
- High stress

## PMHx

- High stress due to demanding job and poor sleep
- History of irregular cycles, sometimes absent for 2-3 months
- Sedentary lifestyle

## Medications

- Prenatal Multivitamin

## Physical Exam

- 5'5"; 175 lbs.; BMI 29.1
- BP 110/76 mm Hg
- Pulse 74 bpm

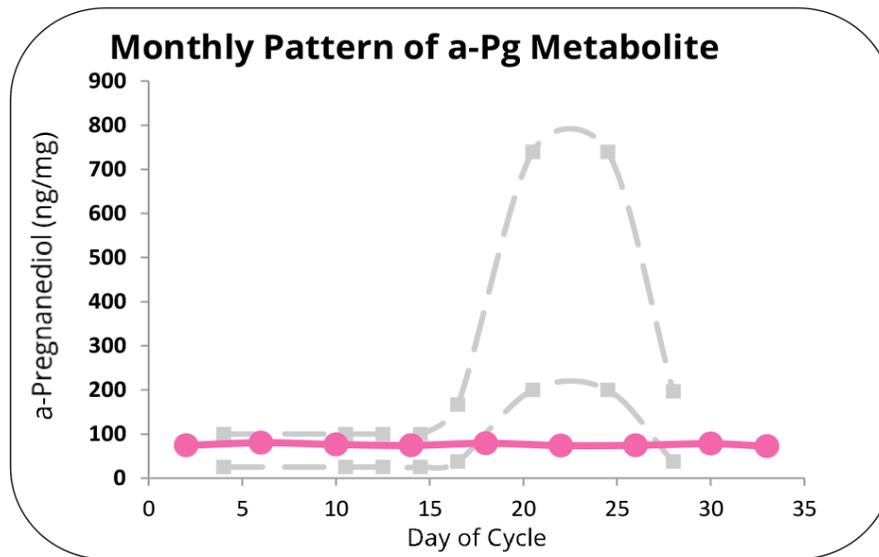
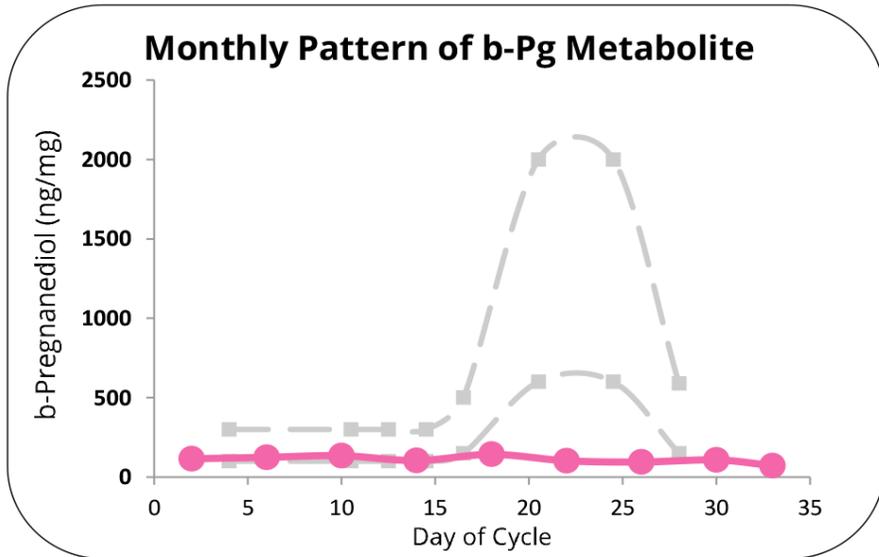
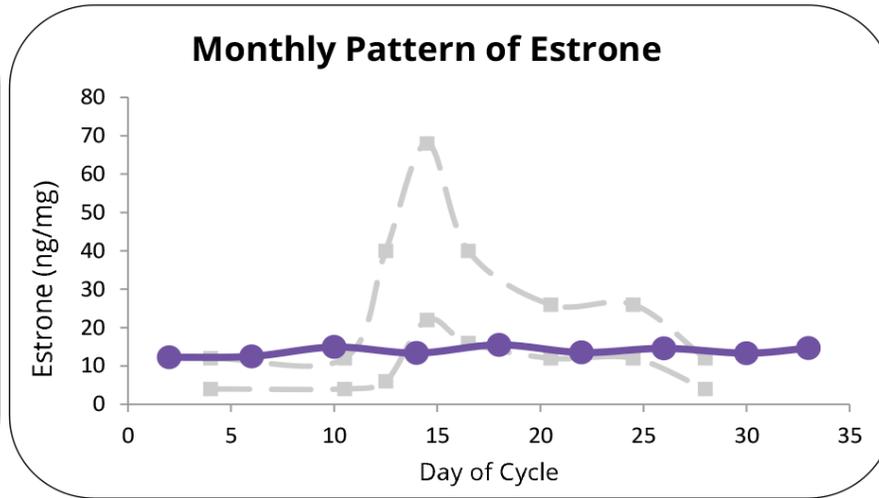
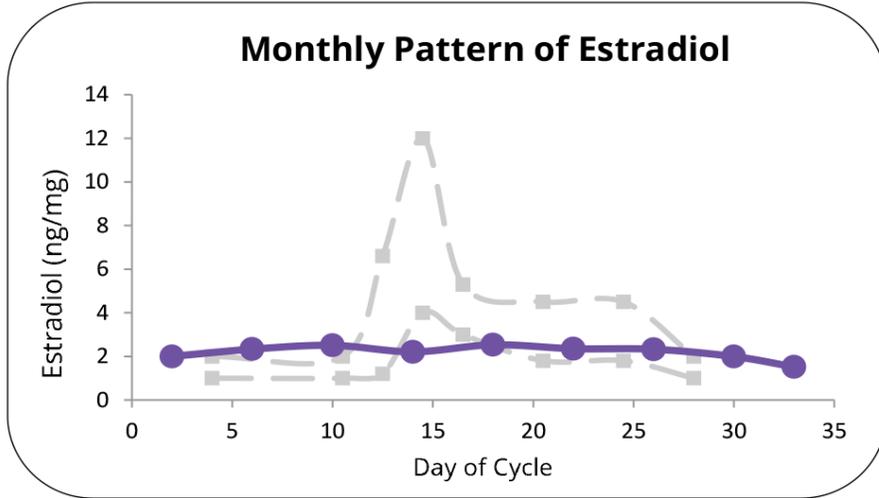
## Baseline labs

- Dyslipidemia (**high** TG and LDL)
- Fasting Insulin: 17 (**H**); HbA1c: 5.9 (**H**)
- CRP-hs: 2.6 (**H**)
- Total Testosterone: 42 ng/dL (**high-end**)
- SHBG 28 nmol/L (**Low-end**)





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## Goals of Treatment

### DUTCH Test Goals

- Increase progesterone/support ovulation
- Lower Total DHEA
- Balance 5a metabolism preference
- Lower Metabolized Cortisol and CCR
- Replenish B6, lower quinolinate

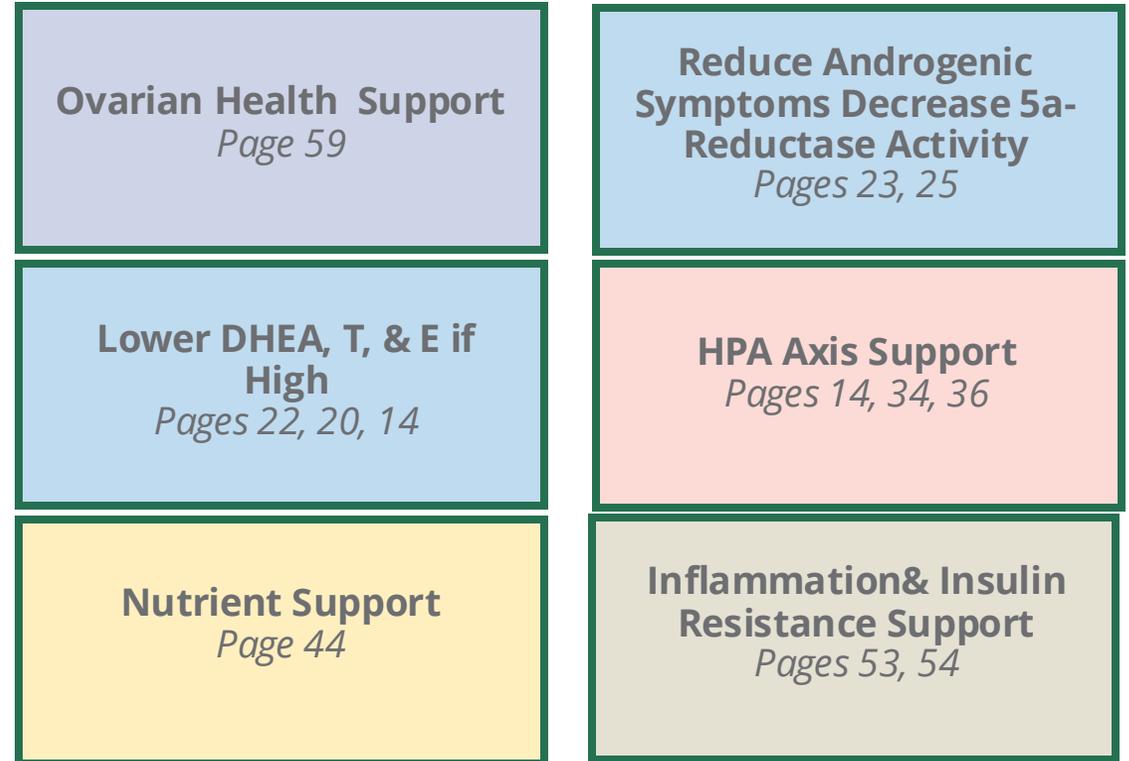
### Blood Lab Goals

- Lower insulin, HbA1c, TGs, hs-CRP, total T

### Lifestyle Goals

- Reduce stress, support sleep, increase physical activity
- Encourage anti-inflammatory diet

## Treatment Guide Key:



## What is your treatment plan?





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## Treatment Options:

### Supplements

- **Consider** Myo-inositol 1000 mg po bid
  - **To reduce insulin resistance, support ovulation and fertility**
- **Consider** EGCG 500 mg po daily
  - **To lower 5a-reductase activity and inflammation**
- **Consider** Magnesium glycinate 400 mg po qhs
  - **To support sleep, lower stress and cortisol, and support healthy blood sugar/metabolism**
- **Consider continuing** Prenatal multivitamin ensure ~1.7 mg of B6 (P5P)

### Diet

- **Consider** Mediterranean Diet
  - **To lower inflammation, support healthy blood sugar and lipid levels**
- **Consider** Spearmint tea 2-3 cups per day
  - **To decrease androgens and androgenic symptoms**

### Lifestyle

- **Consider** Resistance training 3-4x per week and daily walking goal of 7-10k steps
  - **To reduce stress, increase lean muscle mass, reduce insulin resistance, support weight loss, and support sleep**
- **Consider** Gratitude journaling before bed
  - **To lower cortisol levels, reduce stress, and support sleep**



## Polling Question:

What was the key finding that influenced your treatment plan the most?

- A. Low progesterone & high baseline estrogen
- B. High DHEA
- C. High Metabolized Cortisol and CCR
- D. High 5a-Reductase activity



- 1. How do you know your treatment plan is working?**
- 2. When would you retest?**
- 3. Which DUTCH panel would you order?**

# Thank You!

DUTCH Fest 2026

