

The Metabolic Performance Program and PCOS

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Polycystic Ovary Syndrome (PCOS) affects approximately 10% of premenstrual females. Some estimates indicate that up to 60% of females with PCOS are obese. PCOS is frequently associated with infertility. And controlling hyperinsulinemia has been shown to help, as evidenced by the frequent prescription of metformin.

Hyperinsulinemia leads to hyperandrogenism by stimulating ovarian androgen production. Hyperandrogenism and hyperinsulinemia inhibit sex hormone binding globulin (SHBG). Recent evidence suggests that fat produced from the liver (fructose consumption) also inhibits SHBG. The net effect of inhibited SHBG is an increase in free testosterone, which inhibits ovulation.

From a clinical standpoint, the relationship between PCOS and hyperinsulinemia is important. First, those with PCOS need to be evaluated for other disorders, including type II diabetes, hypertension, lipid disorders, atherosclerosis and elevated triglycerides. Secondly, methods of controlling insulin should be explored.

The Metabolic Performance Program (MPP)

Developed by Dr. Brian Sekula of the Health Performance Institute, MPP is a dietary and exercise intervention program that balances the main metabolic hormones insulin and glucagon. The dietary and exercise interventions work synergistically to accomplish this and individuals lose significant weight (some more than 100 pounds), stabilize their blood sugars, reduce triglycerides and normalize blood pressure.

A recent case study, submitted for publication to the Medical Wellness Journal, showed significant reductions in several markers of metabolic syndrome. In addition to the documented savings, changes in prescription medication are saving her \$162 per month.

A Case-study in our Program

A customer recently completed the MPP. She was 38 years old, overweight and diabetic when she entered. Recently remarried, she was also trying to get pregnant. She was taking metformin for diabetes and other prescription medication. She completed the program in 6 months.

At completion, she had lost 28 pounds. Her BMI was normal (22.7). Her percent body fat dropped from 38% to 29%. Her HbA1c dropped from 8.3% to 5.9%. This coincided with a normalizing of her blood sugars. And, after consultation with her physician, she was able to eliminate most of her prescription medications. Approximately 4 months after completing the program and following the guidelines, she was able to get pregnant.

The Metabolic Performance Program is a safe and effective dietary and exercise intervention. It can have a positive impact on several markers of heart disease and metabolic disorders. We would like to help you and your patients that have PCOS, particularly those that are overweight. Their condition is likely to arise from insulin resistance. Dr. Sekula is available to meet with you and discuss his program. His new facility is located on Highway 6 in Sugar Land, between Settler's Way and Dulles Avenue. Please call for a tour of the facility where you can learn more about the program.