

Effects of metformin on body weight in polycystic ovary syndrome (PCOS) patients: model-based meta-analysis

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- In this meta-analysis, 28 randomized controlled trials (RCTs) having 1631 PCOS patients were included.
- With metformin monotherapy and metformin combination therapy, body mass index (BMI) was reduced by 5.88% and 11.8% respectively.
- In order to play better curative effects, for metformin monotherapy and combination therapy, 1000 mg/day metformin needs for at least 25.5 weeks and 58.6 weeks respectively.

For the first time, this study quantifies the effects of metformin on body weight and recommends dose and duration for metformin monotherapy and metformin combination therapy in PCOS patients.