

Table 2. Add-on effects of Pioglitazone on Metformin treated PCOS women

Study / Findings	Glueck et al (2003)	Ibañez et al (2009)	Ibañez et al (2007)	Ota et al (2008)
Study duration		24 months	6 months	32 weeks
Treatment before addition of pioglitazone	Metformin (2.55 g/day), diet (1500–2000 calories)	Flutamide 62.5 mg/day, Metformin (850 mg/day), Transdermal estrogen and progestagen	Flutamide 62.5 mg/day, Metformin (850 mg/day), Transdermal estrogen and progestagen	Clomiphene citrate, dexamethasone, or metformin
Pioglitazone added-on dose		7.5 mg/day	7.5 mg/day	15-30 mg/day
Gain of lean mass		Beneficial effect		
Carotid intima-media thickness		Beneficial effect	Beneficial effect	
Fasting glucose	Beneficial effect		Beneficial effect	
IGF-I			Beneficial effect	
CRP			Beneficial effect	
LDL			Beneficial effect	
HDL	Beneficial effect		Beneficial effect	
Waist to hip ratio			Beneficial effect	
Hirsutism			Beneficial effect	
Testosterone			Beneficial effect	
ALT, AST, γ -GT, LDL			Beneficial effect	
Body Mass Index			Unchanged	
Fasting insulin	Beneficial effect			
Insulin Resistance	Beneficial effect			
DHEAS	Beneficial effect			
SHBG	Beneficial effect			
Menstrual regularity	Improved			
Pregnancy rate				Beneficial effect
HDL	Increased			