



Sidika E. Karakas, M.D.

Philosophy of Care

When treating PCOS patients, there are several important points to consider: First, early and correct diagnosis is crucial. Ordering the appropriate tests requires experience and expertise. Second, PCOS is a life-long condition and the patient's goals change with time. Thus, the doctor's treatment plan needs to change to fit these goals. Third, PCOS treatment is a team work, including not only the patient and the doctor but also the dietitian and the pharmacist. Finally, this journey takes compassion, patience and persistence.

I truly enjoy taking care of PCOS patients. In the past, these women did not receive medical attention until they desired pregnancy. Fortunately, this has changed. We now start taking care of women with PCOS in their early teens. I feel privileged to help these young, otherwise healthy women in my clinical practice and with my research.

Clinical Interests

Dr. Karakas's clinical practice is dedicated to the care of women with polycystic ovary syndrome (PCOS). This is a complex disease characterized by endocrine and metabolic disorders. The endocrine aspects of PCOS involve irregular periods, infertility, and excess hair in the face and body. Metabolic aspects include obesity, insulin resistance, and predisposition to diabetes and lipid disorders. It is important to recognize that endocrine and metabolic aspects of PCOS interact with each other. For example, weight loss and treatment of insulin resistance regulate menstrual periods and increase fertility.

Dr. Karakas's research focuses on the effects of diet and nutritional supplements on obesity, insulin resistance, lipid disorders, inflammation and reproductive abnormalities associated with PCOS. She is especially interested in the effects of different proteins and fatty acids. She has conducted numerous nutrition intervention studies and clinical translational research funded by the National Institutes of Health and non-profit research foundations.

Title Professor and Chief

Specialty Internal Medicine, Endocrinology

Department [Internal Medicine](#)

Division Endocrinology, Diabetes, and Metabolism

Address/Phone Lawrence J. Ellison Ambulatory Care Center, Endocrinology, Diabetes & Metabolism Clinic, 4860 Y St. Suite 0400 Sacramento, CA 95817

Phone: 916-734-2737



Sidika E. Karakas, M.D.

Additional Phone Physician Referrals: 800-4-UCDAVIS (800-482-3284)

Languages Turkish

Education M.D., Hacettepe University Medical School, Ankara, Turkey 1973

Internships Cook County Hospital, Chicago IL 1974-1975

Residency Cook County Hospital, Chicago IL 1975-1977

Fellowships Endocrinology, Rush Presbyterian St. Luke's, Chicago IL 1977-1979

Board Certifications American Board of Internal Medicine, 1977

American Board of Internal Medicine, Endocrinology, 1979

Professional Memberships American Diabetes Association

Androgen Excess Society

Endocrine Society

Select Recent Publications Picolo B, Comerford K, Karakas, SE, Knotts TA, Fiehn O, Adams SH. Whey-protein supplementation does not alter plasma branched-chained amino acid profiles, but does lead to unique metabolomics patterns in obese women enrolled in an 8-week weight loss trial. J Nutrition. 2015;145:691-700.

Almario RU, Karakas SE. Roles of Circulating WNT-Signaling Proteins and WNT-Inhibitors in Human Adiposity, Insulin Resistance, Insulin Secretion, and Inflammation. Horm Metab Res. 2015; 47:152-175.

Mortada R, Comerford K, Kallail KJ, Karakas SE Utility of hemoglobin-A1C in nondiabetic women with polycystic ovary syndrome. Endocrine practice. 2013;619:284-289.

Karakas SE, Banaszewska B, Spaczynski RZ, Pawelczyk L, Duleba A. Free fatty acid binding protein-4 and retinol binding protein-4 in polycystic ovary syndrome: response to simvastatin and metformin therapies. Gynecol Endocrinol. 2013;29(5):483-7.



Sidika E. Karakas, M.D.

Comerford KB, Almario RU, Kim K, Karakas SE Lean mass and insulin resistance in women with polycystic ovary syndrome. *Metabolism: clinical and experimental*. 2012;61:1256-1260.

Gurusinghe D, Gill S, Almario RU, Lee J, Horn WF, Keirn NL, Kim K, Karakas SE. In PCOS, adrenal steroids are regulated differently in the morning vs. in response to nutrient intake. *Fertility and Sterility*. March 2009. [Epub ahead of print]

Karakas SE., Almario R, Kim K. Serum fatty acid binding protein 4, free fatty acids and metabolic risk markers. *Metabolism Clinical and Experimental*. 2009;58: 1002-1007.

Kasim-Karakas SE, Almario RU, Cunningham WM. Effects of protein vs. simple sugar intakes on weight loss in polycystic ovary syndrome (according to the NIH criteria). *Fertility and Sterility*. 2009;92:262-270.

Kasim-Karakas SE, Cunningham WM, Tsodikov A. Relation of nutrients and hormones in polycystic ovary syndrome. *Am J Clin Nutr*. 2007;85:688-694.

Karakas SE, Perroud B, Kind T, Palazoglu M, Fiehn O. Changes in plasma metabolites and glucose homeostasis during omega-3 polyunsaturated fatty acid supplementation in women with polycystic ovary syndrome. *BBA Clinical*. 2016.

© 2018 UC Regents