



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 Endocrinology, Diabetes, and Metabolism, Internal Medicine

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	Clinic Phone: 916-734-2737 Physician Referrals: 800-4-UCDAVIS (800-482-3284)
Languages	Turkish
Education	M.D., Hacettepe University, Ankara, 1973
Internships	Cook County Hospital, Chicago, Illinois, 1975
Residency	Cook County Hospital, Chicago, Illinois, 1977
Fellowships	Rush Presbyterian St. Luke's, Chicago, Illinois, 1999

Board Certifications	American Board of Internal Medicine, 1977 American Board of Internal Medicine, Endocrinology, 1979
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Professional Memberships	Androgen Excess Society Endocrine Society
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Select Recent Publications	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. <i>Fertility and Sterility</i> , Epub ahead of print, March 2009. PMID: 19342030 Karakas SE., Almario R, Kim K. Serum fatty acid binding protein 4, free fatty acids and metabolic risk markers. <i>Metabolism Clinical and Experimental</i> 58: 1002-1007, 2009. PMID: 19394980 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). <i>Fertility and Sterility</i> 92: 262-270, 2009. PMID: 18691705 Kasim-Karakas SE, Cunningham WM, Tsodikov A. Relation of nutrients and hormones in polycystic ovary syndrome. <i>Am J Clin Nutr</i> 85:688-694, 2007. PMID: 16600927 Kasim-Karakas SE, Tsodikov A, Singh U, Jialal I. Responses of Inflammatory Markers to Low-Fat/High-Carbohydrate Diet: Effects of Energy Intake. <i>Am J Clin Nutr</i> 83:774-779, 2006. PMID: 16600924 Chen J, Sowers MR, Moran FM, McConnell DS, Gee NA, Greendale GA, Whitehead C, Kasim-Karakas SE, Lasley BL. Circulating bioactive androgens in midlife women. <i>J Clin Endocrinol Metab</i> 91:4387-94, 2006. PMID: 16940455 Kasim-Karakas SE, Almario RU, Gregory L, Wong R, Todd H, Lasley BL. Metabolic and Endocrine Effects of a Polyunsaturated Fatty Acid-Rich Diet in Polycystic Ovary Syndrome. <i>J Clin Endocrinol Metab</i> 89:615-20, 2004. PMID: 14764771
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