



## 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.

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**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.

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