

## DAFTAR PUSTAKA

- Albardan, L., Platat, C., & Kalupahana, N. S. (2024). Role of Omega-3 Fatty Acids in Improving Metabolic Dysfunctions in Polycystic Ovary Syndrome. *Nutrients*, 16(17). <https://doi.org/10.3390/nu16172961>
- Andrade, V. H. L. DE, Mata, A. M. O. F. DA, Borges, R. S., Costa-Silva, D. R., Martins, L. M., Ferreira, P. M. P., Cunha-Nunes, L. C., & Silva, B. B. DA. (2016). Current Aspects of Polycystic Ovary Syndrome: A Literature Review. *Revista Da Associação Médica Brasileira*, 62(9), 867–871. <https://doi.org/10.1590/1806-9282.62.09.867>
- Anggraini, N., Sari, R., Hartiningsih, S., Maria, N., Dewi, Y., Octavia, V., Anggraeni, A., & Riyanti, R. (2024). Factors Affecting Menopause Quality of Life in the 45-55 Years Age Group in Indonesia. *Jurnal Penelitian Pendidikan IPA*, 10(12), 9926–9937. <https://doi.org/10.29303/jppipa.v10i12.8782>
- Ariani, A. P. (2017). *Ilmu Gizi*. Nuha Medika.
- Ariani, N. K. S., Susanti, N. L. P. D., Parwati, N. W. M., & Haryati, N. P. S. (2022). The Influence of Video-Based Health Education in Modifying Early Screening Efforts for Polycystic Ovary Syndrome (PCOS). *Asian Journal of Health Research*, 1(3), 24–30. <https://doi.org/10.55561/ajhr.v1i3.54>
- Arjuna, T., Soenen, S., Hasnawati, R. A., Lange, K., Chapman, I., & Luscombe-Marsh, N. D. (2017). A Cross-sectional Study of Nutrient Intake and Health Status Among Older Adults in Yogyakarta Indonesia. *Nutrients*, 9(11). <https://doi.org/10.3390/nu9111240>
- Aryani, R., Soraya Nur Intan, Y., & Kesuma Dinanti, F. (2023). Efficacy of Lifestyle Modification in Pcos Patients with Obesity. *Asian Journal of Healthy and Science*, 2(4), 192–197. <https://doi.org/10.58631/ajhs.v2i4.43>

- Azzahra, J., Bamahry, A., Pratama, A. A., Reny Purnamasari, & Rasfayanah. (2023). Hubungan Asupan Serat dengan Kejadian Konstipasi pada Mahasiswa Fakultas Kedokteran Universitas Muslim Indonesia Angkatan 2020. *Fakumi Medical Journal: Jurnal Mahasiswa Kedokteran*, 3(1), 72–79. <https://doi.org/10.33096/fmj.v3i1.181>
- Barber, T. M., & Franks, S. (2021). Obesity and polycystic ovary syndrome. *Clinical Endocrinology*, 95(4), 531–541. <https://doi.org/10.1111/cen.14421>
- Barrea, L., Arnone, A., Annunziata, G., Muscogiuri, G., Laudisio, D., Salzano, C., Pugliese, G., Colao, A., & Savastano, S. (2019). *Adherence to the Mediterranean Diet , Dietary Patterns and Body Composition in Women with Polycystic Ovary Syndrome (PCOS)*. 6(Ci), 1–21.
- Barrea, L., Frias-Toral, E., Verde, L., Ceriani, F., Cucalón, G., Garcia-Velasquez, E., Moretti, D., Savastano, S., Colao, A., & Muscogiuri, G. (2021). PCOS and nutritional approaches: Differences between lean and obese phenotype. *Metabolism Open*, 12, 100123. <https://doi.org/10.1016/j.metop.2021.100123>
- Barrea, L., Verde, L., Camajani, E., Cernea, S., Frias-Toral, E., Lamabadusuriya, D., Ceriani, F., Savastano, S., Colao, A., & Muscogiuri, G. (2023). Ketogenic Diet as Medical Prescription in Women with Polycystic Ovary Syndrome (PCOS). *Current Nutrition Reports*, 12(1), 56–64. <https://doi.org/10.1007/s13668-023-00456-1>
- Bashir, N., Bashir, S., & Kuchay, A. (2025). Impact of Lifestyle Modifications on Menstrual Cycle Regularity in PCOS Patients. *International Journal of Academic Medicine and Pharmacy*, 7(1), 828–835. <https://doi.org/10.47009/jamp.2025.7.1.163>
- Bijani, A., Esmaili, H., Ghadimi, R., Babazadeh, A., Rezaei, R., Cumming, R. G., &

- Hosseini, S. R. (2018). Development and validation of a Semi-quantitative food frequency questionnaire among older people in north of Iran. *Caspian Journal of Internal Medicine*, 9(1), 78–86. <https://doi.org/10.22088/cjim.9.1.78>
- Binobead, M. A., Abualamah, S. M., Alshuniaber, M. A., AlSedairy, S. A., Alhussain, M. H., Albadr, N. A., & Arzoo, S. (2024). Association between Dietary Carbohydrate Intake and Polycystic Ovary Syndrome among Reproductive Age Women. *American Journal of Health Behavior*, 48(4), 268–280. <https://doi.org/10.5993/AJHB.48.4.22>
- Cahyo, H., Yuad, H., & Rahmah, B. I. (2022). The Relationship of Vitamin D Topolycystic Ovary Syndrome (PCOS) Teenagers at Koto Tengah Padang District High School in 2022. *ANDALAS OBSTETRICS AND GYNECOLOGY JOURNAL*, 1(1), 615–631.
- Cai, Q., & Chen, T. (2023). Association Between Dietary Fiber and Female Fertility: a NHANES-Based Study. *Reproductive Sciences*, 30(5), 1555–1564. <https://doi.org/10.1007/s43032-022-01103-w>
- Campos, V., Tappy, L., Bally, L., Sievenpiper, J. L., & Lê, K.-A. (2022). Importance of Carbohydrate Quality: What Does It Mean and How to Measure It? *The Journal of Nutrition*, 152(5), 1200–1206. <https://doi.org/10.1093/jn/nxac039>
- Chiaffarino, F., Cipriani, S., Dalmartello, M., Ricci, E., Esposito, G., Fedele, F., La Vecchia, C., Negri, E., & Parazzini, F. (2022). Prevalence of polycystic ovary syndrome in European countries and USA: A systematic review and meta-analysis. *European Journal of Obstetrics & Gynecology and Reproductive Biology*, 279, 159–170. <https://doi.org/10.1016/j.ejogrb.2022.10.020>
- Chiavaroli, L., Lee, D., Ahmed, A., Cheung, A., Khan, T. A., Mejia, S. B., Mirrahimi, A., Jenkins, D. J. A., Livesey, G., Wolever, T. M. S., Rahelić, D., Kahleová,

- H., Salas-salvadó, J., Kendall, C. W. C., & Sievenpiper, J. L. (2021). Effect of low glycaemic index or load dietary patterns on glycaemic control and cardiometabolic risk factors in diabetes : systematic review and meta-analysis of randomised controlled trials. *BMJ*, *374*, 1–16. <https://doi.org/10.1136/bmj.n1651>
- Cutler, D. A., Pride, S. M., & Cheung, A. P. (2019). Low intakes of dietary fiber and magnesium are associated with insulin resistance and hyperandrogenism in polycystic ovary syndrome: A cohort study. *Food Science and Nutrition*, *7*(4), 1426–1437. <https://doi.org/10.1002/fsn3.977>
- Douglas, C. C., Gower, B. A., Darnell, B. E., Ovalle, F., Oster, R. A., & Azziz, R. (2006). Role of diet in the treatment of polycystic ovary syndrome. *Fertility and Sterility*, *85*(3), 679–688. <https://doi.org/10.1016/j.fertnstert.2005.08.045>
- Elsayed, A. M., Al-Kaabi, L. S., Al-Abdulla, N. M., Al-Kuwari, M. S., Al-Mulla, A. A., Al-Shamari, R. S., Alhusban, A. K., AlNajjar, A. A., & Doi, S. A. R. (2023). Clinical Phenotypes of PCOS: a Cross-Sectional Study. *Reproductive Sciences*, *30*(11), 3261–3272. <https://doi.org/10.1007/s43032-023-01262-4>
- Faghfoori, Z., Fazelian, S., Shadnoush, M., & Goodarzi, R. (2017). Nutritional management in women with polycystic ovary syndrome: A review study. *Diabetes and Metabolic Syndrome: Clinical Research and Reviews*, *11*, S429–S432. <https://doi.org/10.1016/j.dsx.2017.03.030>
- Fujiwara, T. (2018). Dietary habits affecting reproductive functions in young women. *Obstetrics & Gynecology International Journal*, *9*(6), 477–478. <https://doi.org/10.15406/ogij.2018.09.00389>
- Gaskins, A. J., Mumford, S. L., Zhang, C., Wactawski-wende, J., Hovey, K. M., Whitcomb, B. W., Howards, P. P., Perkins, N. J., Yeung, E., Schisterman, E.

- F., & Study, B. (2009). Effect of daily fiber intake on reproductive function : the BioCycle. *The American Journal of Clinical Nutrition*, 90(4), 1061–1069. <https://doi.org/10.3945/ajcn.2009.27990>
- Gunasheela, D., Mural, R., Appaneravanda, L. C., Gerstl, B., Kumar, A., Sengeetha, N., Nayak, H., & Chandrikadevi, P. M. (2021). Age-Specific Distribution of Serum Anti-Mullerian Hormone and Antral Follicle Count in Indian Infertile Women. *Journal of Human Reproductive Sciences*, 14(4), 372–379. <https://doi.org/10.4103/jhrs.jhrs>
- Güngör Semiz, G., & Hekimsoy, Z. (2024). Menstrual Cycle Characteristics in Women With and Without Thyroid Disease. *Cureus*. <https://doi.org/10.7759/cureus.62724>
- Hajam, Y. A., Rather, H. A., Neelam, Kumar, R., Basheer, M., & Reshi, M. S. (2024). A Review on Critical Appraisal and Pathogenesis of Polycystic Ovarian Syndrome. *Endocrine and Metabolic Science*, 14(January), 100162. <https://doi.org/10.1016/j.endmts.2024.100162>
- Haniifah, U., Hakim, F. R., Wibowo, C. A., Muharram, F. R., Firmansyah, F. F., & Tunjungseto, A. (2024). *Polycystic Ovarian Syndrome and its Correlation with Burden: Systematic Analysis of PCOS in ASEAN and the Disease Burden 1990-2019*.
- Harris, B. S., Steiner, A. Z., & Jukic, A. M. (2020). Association between Ovarian Reserve and Menstrual Cycle Length. *Fertility and Sterility*, 114(3), e88–e89.
- Harris, H. R., Titus, L. J., Cramer, D. W., & Terry, K. L. (2017). Long and irregular menstrual cycles, polycystic ovary syndrome, and ovarian cancer risk in a population-based case-control study. *International Journal of Cancer*, 140(2), 285–291. <https://doi.org/10.1002/ijc.30441>

- Hestiantoro, A., & Pamungkas, D. T. (2020). Assessment of the Quality of Internet-Based Health Information in the Indonesian Language about Polycystic Ovarian Syndrome. *Indonesian Journal of Obstetrics and Gynecology*, 8(4), 222–227. <https://doi.org/10.32771/inajog.v8i4.1338>
- Himpunan Endokrinologi Reproduksi dan Fertilitas Indonesia (HIFERI), & Perkumpulan Obstetri dan Ginekologi Indonesia (POGI). (2016). *Konsensus Tatalaksana Sindrom Ovarium Polikistik*.
- Hua, M., Lu, J., Qu, D., Liu, C., Zhang, L., Li, S., Chen, J., & Sun, Y. (2019). Structure, physicochemical properties and adsorption function of insoluble dietary fiber from ginseng residue: A potential functional ingredient. *Food Chemistry*, 286, 522–529. <https://doi.org/10.1016/j.foodchem.2019.01.114>
- Irene, A., Alkaf, S., Zulissetiana, E. F., Usman, F., & Larasaty, V. (2020). Hubungan Pola Makan dengan Risiko Terjadinya Sindrom Ovarium Polikistik pada Remaja. *Sriwijaya Journal of Medicine*, 3(1), 65–72. <https://doi.org/10.32539/sjm.v3i1.141>
- Itriyeva, K. (2022). The Effects of Obesity on the Menstrual Cycle. *Current Problems in Pediatric and Adolescent Health Care*, 52(8), 101241. <https://doi.org/10.1016/j.cppeds.2022.101241>
- Jain, A., Neravi, A., Sathyasheelappa, S. K. K., & Oli, A. K. (2025). Nutritional Management of Polycystic Ovary Syndrome (PCOS)- A Review. *Biomed Pharmacol Journal*, 18(1).
- Jain, V., Munro, M. G., & Critchley, H. O. D. (2023). Contemporary evaluation of women and girls with abnormal uterine bleeding: FIGO Systems 1 and 2. *International Journal of Gynecology & Obstetrics*, 162(S2), 29–42. <https://doi.org/10.1002/ijgo.14946>

Kementerian Kesehatan RI. (2013). *Permenkes No. 30 Tahun 2013 Tentang Pencantuman Informasi Kandungan Gula, Garam dan Lemak.*

Kementerian Kesehatan RI. (2019). *Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019 Tentang Angka Kecukupan Gizi Yang Dianjurkan Untuk Masyarakat Indonesia.*

Komiya, S., Naito, Y., Okada, H., Matsuo, Y., Hirota, K., Takagi, T., Mizushima, K., Inoue, R., Abe, A., & Morimoto, Y. (2020). Characterizing the gut microbiota in females with infertility and preliminary results of a water-soluble dietary fiber intervention study. *Journal of Clinical Biochemistry and Nutrition*, 67(1), 105–111. <https://doi.org/10.3164/jcbrn.20-53>

Kowalczyk, K., Kadłubek, S., Kružel, A., Sikora, D., Daniluk, J., & Madej, P. (2025). Dietary Patterns and Metabolic and Hormonal Parameters in Women with Suspected PCOS. *Journal of Clinical Medicine*, 14(8), 1–15. <https://doi.org/10.3390/jcm14082708>

Kurniawati, E. Y., Hadisaputro, S., & Suwandono, A. (2022). Clinical profile of women with polycystic ovary syndrome. *Media Ilmu Kesehatan*, 11(2), 208–217.

Łagowska, K., & Pieczyńska, J. M. (2022). Not only diet quality and physical activity but also snacking and skipping meals could be related with menstrual disorders in PCOS. *Women & Health*, 62(8), 667–677. <https://doi.org/10.1080/03630242.2022.2106529>

Lethaby, A., Wise, M. R., Weterings, M. A., Bofill Rodriguez, M., & Brown, J. (2019). Combined hormonal contraceptives for heavy menstrual bleeding. *Cochrane Database of Systematic Reviews*, 2019(2). <https://doi.org/10.1002/14651858.CD000154.pub3>

- Leung, W. T., Tang, Z., Feng, Y., Guan, H., Huang, Z., & Zhang, W. (2022). Lower Fiber Consumption in Women with Polycystic Ovary Syndrome: A Meta-Analysis of Observational Studies. *Nutrients*, 14(24), 1–15. <https://doi.org/10.3390/nu14245285>
- Li, X., Yang, D., Pan, P., Azziz, R., Yang, D., Cheng, Y., & Zhao, X. (2022). The Degree of Menstrual Disturbance Is Associated With the Severity of Insulin Resistance in PCOS. *Frontiers in Endocrinology*, 13(June), 1–8. <https://doi.org/10.3389/fendo.2022.873726>
- Lutfia, A. (2021). Pengaturan Pola Makan Terhadap Keberhasilan Terapi PCOS. *Jurnal Medika Utama*, 2(4), 1089–1093.
- Margarini, D. (2021). *Pengaruh Nutrition Facts terhadap Perilaku Pemilihan Makanan Kemasan pada Remaja di Yogyakarta*. Universitas Gadjah Mada.
- Marlina, U., Maulitanti, S. D., Annisa, Y., & Masitha, D. (2023). Pengaruh Penerapan Diet Anti Inflamasi Pada Perubahan Manifestasi Klinis Dan Penanda Inflamasi Wanita Dengan Polycystic Ovary Syndrome (PCOS). *Jurnal Pendidikan Indonesia*, 4(05), 475–488. <https://doi.org/10.59141/japendi.v4i05.1821>
- Marsh, K. A., Steinbeck, K. S., Atkinson, F. S., Petocz, P., & Brand-miller, J. C. (2010). Effect of a low glycemic index compared with a conventional healthy diet on polycystic ovary syndrome 1 – 3. *The American Journal of Clinical Nutrition*, 92(1), 83–92. <https://doi.org/10.3945/ajcn.2010.29261>
- Mei, S., Ding, J., Wang, K., Ni, Z., & Yu, J. (2022). Mediterranean Diet Combined With a Low-Carbohydrate Dietary Pattern in the Treatment of Overweight Polycystic Ovary Syndrome Patients. *Frontiers in Nutrition*, 9(April), 1–12. <https://doi.org/10.3389/fnut.2022.876620>

- Melini, D. O. C. W., & Tanuwijaya, R. R. (2021). Status Gizi, Pola Konsumsi Natrium dan Serat Dengan Kejadian Hipertensi: A Cross Sectional Study. *Jurnal Nutrisia*, 23(2), 104. <https://doi.org/10.29238/jnutri.v23i2.241>
- Mizgier, M., Jarzabek-Bielecka, G., Formanowicz, D., Jodłowska-Siewert, E., Mruczyk, K., Cisek-Woźniak, A., Kędzia, W., & Opydo-Szymaczek, J. (2021). Dietary and physical activity habits in adolescent girls with polycystic ovary syndrome (Pcos)-hastudy. *Journal of Clinical Medicine*, 10(16), 1–17. <https://doi.org/10.3390/jcm10163469>
- Neves, L. P. P., Marcondes, R. R., Maffazioli, G. D. N., Simões, R. S., Maciel, G. A. R., Soares, J. M., & Baracat, E. C. (2020). Nutritional and dietary aspects in polycystic ovary syndrome: insights into the biology of nutritional interventions. *Gynecological Endocrinology*, 36(12), 1047–1050. <https://doi.org/10.1080/09513590.2020.1822797>
- Niño, O. M. S., da Costa, C. S., Torres, K. M., Zanol, J. F., Freitas-Lima, L. C., Miranda-Alves, L., & Graceli, J. B. (2020). High-refined carbohydrate diet leads to polycystic ovary syndrome-like features and reduced ovarian reserve in female rats. *Toxicology Letters*, 332(April), 42–55. <https://doi.org/10.1016/j.toxlet.2020.07.002>
- Paoli, A., Mancin, L., Giacona, M. C., Bianco, A., & Caprio, M. (2020). Effects of a ketogenic diet in overweight women with polycystic ovary syndrome. *Journal of Translational Medicine*, 18(1), 1–11. <https://doi.org/10.1186/s12967-020-02277-0>
- Papavasiliou, K., & Papakonstantinou, E. (2017). Nutritional support and dietary interventions for women with polycystic ovary syndrome. *Nutrition and Dietary Supplements*, Volume 9, 63–85. <https://doi.org/10.2147/nds.s119738>

- Pasquali, R., & Gambineri, A. (2018). New perspectives on the definition and management of polycystic ovary syndrome. *Journal of Endocrinological Investigation*, 41(10), 1123–1135. <https://doi.org/10.1007/s40618-018-0832-1>
- Rusly, D. K., Rahmayanti, Y., & Fazira, U. (2022). Hubungan Siklus Menstruasi dengan Faktor Hirsutisme dan PCOS Pada Mahasiswi Fakultas Kedokteran. *Jurnal Ilmu Kedokteran Dan Kesehatan*, 9(2), 752–759.
- Saadati, N., Haidari, F., Barati, M., Nikbakht, R., Mirmomeni, G., & Rahim, F. (2021). The effect of low glycemic index diet on the reproductive and clinical profile in women with polycystic ovarian syndrome: A systematic review and meta-analysis. *Heliyon*, 7(11), e08338. <https://doi.org/10.1016/j.heliyon.2021.e08338>
- Said, H., Fedre, R. W., Hernandez, S., Rodriguez, S. L., Mursyid, F., & Nettles, I. (2023). The Prevalence and Risk Factors for Polycystic Ovary Syndrome (PCOS) among Adolescents in Indonesia: Implications for Early Intervention. *Sriwijaya Journal of Obstetrics and Gynecology*, 1(2), 84–97. <https://doi.org/10.59345/sjog.v1i2.83>
- Santoso, A. (2011). Serat pangan (dietary fiber) dan manfaatnya bagi kesehatan. *Magistra*, 23(75), 35–40.
- Sari, D. A., Kurniawati, E. Y., & Ashari, M. A. (2023). Skrining Dan Determinan Kejadian Sindrom Ovarium Polikistik (Sopk) Pada Remaja. *Jurnal Ilmu Kebidanan*, 9(2), 102–106. <https://doi.org/10.48092/jik.v9i2.211>
- Serret-Montaya, J., Zurita-Cruz, J. N., Villasís-Keever, M. A., Aguilar-Kitsu, A., del Carmen Zepeda-Martinez, C., Cruz-Anleu, I., Hernández-Hernández, B. C., Alonso-Flores, S. R., Manuel-Apolinar, L., Damasio-Santana, L., Hernandez-

- Cabezza, A., & Romo-Vázquez, J. C. (2020). Hyperprolactinemia as a prognostic factor for menstrual disorders in female adolescents with advanced chronic kidney disease. *Pediatric Nephrology*, 35(6), 1041–1049. <https://doi.org/10.1007/s00467-020-04494-7>
- Shamasbi, S. G., Dehgan, P., Mohammad-Alizadeh Charandabi, S., Aliasgarzadeh, A., & Mirghafourvand, M. (2019). The effect of resistant dextrin as a prebiotic on metabolic parameters and androgen level in women with polycystic ovarian syndrome: a randomized, triple-blind, controlled, clinical trial. *European Journal of Nutrition*, 58(2), 629–640. <https://doi.org/10.1007/s00394-018-1648-7>
- Shishehgar, F., Tehrani, F. R., Mirmiran, P., Hajian, S., & Baghestani, A. R. (2016). *Comparison of Dietary Intake between Polycystic Ovary Syndrome Women and Controls*. 8(9). <https://doi.org/10.5539/gjhs.v8n9p302>
- Siddiqui, S., Mateen, S., Ahmad, R., & Moin, S. (2022). A brief Insight into the Etiology, Genetics, and Immunology of Polycystic Ovarian Syndrome (PCOS). In *Journal of Assisted Reproduction and Genetics* (Vol. 39, Issue 11). Springer US. <https://doi.org/10.1007/s10815-022-02625-7>
- Singh, S., Pal, N., Shubham, S., Sarma, D. K., Verma, V., Marotta, F., & Kumar, M. (2023). Polycystic Ovary Syndrome: Etiology, Current Management, and Future Therapeutics. *Journal of Clinical Medicine*, 12(4). <https://doi.org/10.3390/jcm12041454>
- Sjaarda, L. A., Schisterman, E. F., Schliep, K. C., Plowden, T., Zarek, S. M., Yeung, E., Wactawski-wende, J., & Mumford, S. L. (2015). Dietary Carbohydrate Intake Does Not Impact Insulin Resistance or Androgens in Healthy, Eumenorrheic Women. *J Clin Endocrinol Metab*, 100(August), 2979–2986.

<https://doi.org/10.1210/jc.2015-1957>

Sullivan, L. (2022). Convenience Sampling. *The SAGE Glossary of the Social and Behavioral Sciences*, 1(2), 72–77.

<https://doi.org/10.4135/9781412972024.n551>

Talekar, V., Singh, M., Kamble, K., & Mane, D. (2023). Role of dietary habits in menstrual disorders among adolescent girls in Navi Mumbai, Western Maharashtra. *BLDE University Journal of Health Sciences*, 8(1), 100–105.

[https://doi.org/10.4103/bjhs.bjhs\\_101\\_22](https://doi.org/10.4103/bjhs.bjhs_101_22)

Tatsumi, T., Sampei, M., Saito, K., Honda, Y., Okazaki, Y., Arata, N., Narumi, K., Morisaki, N., Ishikawa, T., & Narumi, S. (2020). Age-Dependent and Seasonal Changes in Menstrual Cycle Length and Body Temperature Based on Big Data. *Obstetrics & Gynecology*, 136(4), 666–674.

<https://doi.org/10.1097/AOG.0000000000003910>

Teede, H. J., Misso, M. L., Costello, M. F., Dokras, A., Laven, J., Moran, L., Piltonen, T., Norman, R. J., Andersen, M., Azziz, R., Balen, A., Baye, E., Boyle, J., Brennan, L., Broekmans, F., Dabadghao, P., Devoto, L., Dewailly, D., Downes, L., ... Yildiz, B. O. (2018). Recommendations from the International Evidence-based Guideline for the Assessment and Management of Polycystic Ovary Syndrome. *Fertility and Sterility*, 110(3), 364–379.

<https://doi.org/10.1016/j.fertnstert.2018.05.004>

Teede, H. J., Tay, C. T., Laven, J. J. E., Dokras, A., Moran, L. J., Piltonen, T. T., Costello, M. F., Boivin, J., Redman, L. M., Boyle, J. A., Norman, R. J., Mousa, A., & Joham, A. E. (2023). Recommendations From the 2023 International Evidence-based Guideline for the Assessment and Management of Polycystic Ovary Syndrome. *The Journal of Clinical Endocrinology & Metabolism*,

108(10), 2447–2469. <https://doi.org/10.1210/clinem/dgad463>

Thiyagarajan, D. K., Basit, H., & Jeanmonod, R. (2024). Physiology, Menstrual Cycle. In *StatPearls*. <https://www.ncbi.nlm.nih.gov/books/NBK500020/>

Unfer, V., Kandaraki, E., Pkhaladze, L., Roseff, S., Vazquez-Levin, M. H., Laganà, A. S., Shiao-Yng, C., Yap-Garcia, M. I. M., Greene, N. D. E., Soulage, C. O., Bevilacqua, A., Benvenga, S., Barbaro, D., Pintaudi, B., Wdowiak, A., Aragona, C., Kamenov, Z., Appetecchia, M., Porcaro, G., ... Nestler, J. (2024). When one size does not fit all: Reconsidering PCOS etiology, diagnosis, clinical subgroups, and subgroup-specific treatments. *Endocrine and Metabolic Science*, 14(September 2023). <https://doi.org/10.1016/j.endmts.2024.100159>

Wahyuni, A., Supriyatiningih, Kusumawati, W., Sedah Kirana, K., & Mayayustika, C. D. (2022). Family history of PCOS, obesity, low fiber diet, and low physical activity increase the risk of PCOS. *Jurnal Kedokteran Dan Kesehatan Indonesia*. <https://doi.org/10.20885/jkki.vol13.iss1.art8>

World Health Organization. (2023). *Polycystic Ovary Syndrome*.

Yang, P. K., Hsu, C. Y., Chen, M. J., Lai, M. Y., Li, Z. R., Chen, C. H., Chen, S. U., & Ho, H. N. (2018). The efficacy of 24-month metformin for improving menses, hormones, and metabolic profiles in polycystic ovary syndrome. *Journal of Clinical Endocrinology and Metabolism*, 103(3), 890–899. <https://doi.org/10.1210/jc.2017-01739>

Yosephine, I. S. L. (2020). Produksi Inulin Berbasis Umbi-Umbian Lokal Sebagai Bahan Dasar Obat The Production of Tubers-Based Inulin as The Basic Ingredients of Medicine Isana Supiah Yosephine Louise Pendidikan Kimia , FMIPA , Universitas Negeri Yogyakarta , Email : isana\_supiah@un. *Jurnal*

*Pengabdian Masyarakat MIPA Dan Pendidikan MIPA, 4(1), 14–23.*

Yuniarti, H. (2023). Intervensi Nutrisi pada Penderita PCOS. *Journals of Ners Community, 13(2), 384–354.*

Zhao, H., Zhang, J., Cheng, X., Nie, X., & He, B. (2023). Insulin resistance in polycystic ovary syndrome across various tissues: an updated review of pathogenesis, evaluation, and treatment. *Journal of Ovarian Research, 16(1), 9.* <https://doi.org/10.1186/s13048-022-01091-0>

Ziaei, R., Shahshahan, Z., Ghasemi-Tehrani, H., Heidari, Z., Nehls, M. S., & Ghiasvand, R. (2023). Inulin-type fructans with different degrees of polymerization improve insulin.pdf. *Food Science & Nutrition Nutrition, 12, 2016–2209.* <https://doi.org/10.1002/fsn3.3899>