



EYLANI
FOUNDATION

&
**Eylani Community
Health Network**

EDUCATE | EMPOWER | ELEVATE | EQUITY



*Same
Women.
More
Answers.
Brighter
Futures.*

HEALTH CONDITIONS WITH ECHN™

Understanding **PMOS**®

Formerly Known as PCOS

Know the Signs. Understand Your Health. Advocate for Answers.



What Is PMOS?

PMOS (formerly PCOS) is a common, complex health condition that affects hormonal (endocrine), metabolic, ovarian, and reproductive health.

It can look different from person to person and may affect anyone with ovaries, typically during the reproductive years.



Why Did the Name Change?

In 2026, an international consensus process involving patients, clinicians, and professional organizations renamed Polycystic Ovary Syndrome (PCOS) to Polyendocrine Metabolic Ovarian Syndrome (PMOS).

The new name better reflects that this is a multisystem condition—it's not simply about "cysts" on the ovaries. The name is changing, but the condition and the experiences of millions of women living with it are not.



Know the New Name PCOS → PMOS

Polycystic Ovary Syndrome is now Polyendocrine Metabolic Ovarian Syndrome (PMOS). Same condition. A name that better reflects the whole picture.



Common Signs & Symptoms

Symptoms can vary widely. Common signs may include:

- ✓ Irregular or missed periods
- ✓ Acne
- ✓ Excess facial or body hair (hirsutism)
- ✓ Thinning hair on the scalp
- ✓ Weight changes
- ✓ Difficulty becoming pregnant
- ✓ Mood changes (e.g., anxiety, depression)
- ✓ Sleep concerns and low energy



More Than Reproductive Health

PMOS can affect multiple areas of health, including:

- ✓ Insulin resistance and increased risk for type 2 diabetes
- ✓ Metabolic health (e.g., cholesterol, blood pressure, fatty liver)
- ✓ Emotional and mental well-being
- ✓ Sleep and energy levels
- ✓ Long-term heart and metabolic health



How It Is Evaluated

There is no single test for PMOS. Healthcare providers consider:

- ✓ Your symptoms and medical history
- ✓ A physical exam
- ✓ Laboratory tests (e.g., hormone levels, metabolic health markers)
- ✓ Imaging, such as an ultrasound, may be used



Ovarian cysts are **NOT** required for a diagnosis. Many people with PMOS do not have ovarian cysts.



Treatment & Management

There is no one-size-fits-all approach. Treatment is individualized based on your symptoms, health goals, and life stage. Options may include:

- ✓ Lifestyle support (nutrition, physical activity, and stress management)
- ✓ Menstrual and hormonal management
- ✓ Metabolic risk management (e.g., insulin resistance, cholesterol, blood pressure)
- ✓ Fertility care when desired
- ✓ Treatment for specific symptoms (e.g., acne, excess hair growth, mood changes)



PMOS Myths vs. Facts

- | | |
|---|--|
| ✗ Myth:
You must have ovarian cysts to have PMOS. | ✓ Fact:
Many people with PMOS do not have ovarian cysts. The former name was misleading. |
| ✗ Myth:
Only people who are overweight have PMOS. | ✓ Fact:
PMOS can affect people of all body sizes. |
| ✗ Myth:
PMOS automatically means you cannot get pregnant. | ✓ Fact:
Many people with PMOS can and do become pregnant, with or without treatment. |



Questions to Ask Your Provider

- ✓ Do my symptoms suggest PMOS (formerly PCOS)?
- ✓ What tests do I need and why?
- ✓ How can we monitor my metabolic health?
- ✓ What are my options for managing symptoms?
- ✓ What can I do to support my long-term health?
- ✓ How might PMOS affect my fertility, and what resources are available if I want to become pregnant?
- ✓ Should I see a specialist (e.g., endocrinologist, reproductive endocrinologist, gynecologist, or dermatologist)?



Take Charge of Your Health

- ✓ Know your body and track your symptoms.
- ✓ Ask questions and advocate for answers.
- ✓ Seek care if your symptoms are affecting your quality of life.
- ✓ Focus on long-term health, not just reproductive health.
- ✓ Surround yourself with a supportive healthcare team and community.

You know your body.

Your health. Your voice. Your future.



Learn More

Visit www.echnchicago.com for more health education resources, tools, and community support.



Related Topics in the Health Conditions with ECHN Series:

- Hormone Health
- Reproductive Health
- Metabolic Health & Insulin Resistance
- Women's Mental Health



Need Support?

Talk with your healthcare provider, mentor, faith leader, or a qualified health professional.



This information is for educational purposes only and is not medical advice.

It is not intended to diagnose, treat, cure, or prevent any disease. Always consult your healthcare provider for personalized medical advice, diagnosis, or treatment.

Sources:

- Global PCOS/PMOS Name Change Consortium (2026)
- International Evidence-based PMOS Guideline (2023)
- American Society for Reproductive Medicine (ASRM) (2026)
- Endocrine Society (2026)
- World Health Organization (WHO)

