



PCOS has a new name!

# 10 new things to know about it

- 1** PCOS will now be known as **PMOS - Polyendocrine Metabolic Ovarian Syndrome.**

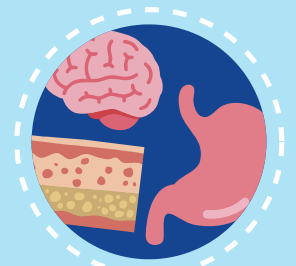


## Why the change?

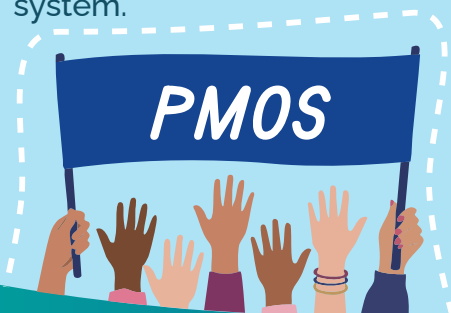
- 2** PMOS is more accurate as there is **NO increase in abnormal cysts on the ovary in this condition**, only partly developed eggs that can look like cysts.

PMOS is also more accurate as it affects many parts of the body — hormones, metabolism, mental health, skin, and the reproductive system.

- 3** The name PCOS only focused on the ovary, and left out other important symptoms that women experience. This misled patients and health professionals, causing delays in diagnosis and care.



- 4** Women with the condition were the biggest drivers to change the name - their voices and advocacy made it happen. Doctors and health professionals strongly supported the change, with benefits believed to outweigh the risks.



## How was it changed?

- 5** The new name came from the largest global engagement in a name change process with 22,000 survey responses and multiple workshops, including women with lived experience and health professionals, alongside patient organisations and societies across the world.



*Need to learn more information about PMOS?*

The AskPCOS App is transitioning to The Ask PMOS App and provides comprehensive, high quality information and support tools that are based on the latest evidence.

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## What are the anticipated benefits?

**6** The new name was considered across diverse cultures. A focus on the ovary and reproductive system can bring stigma or shame in some cultures where fertility and having a family is tied to a woman's value or future life opportunities. We ensured women's voices were heard from around the world, and avoided using 'reproductive' in the new name.



**7** The new name change is published in the **Lancet** and the global communication and implementation program will help more people understand the broad nature of the condition, **expanding research, diagnosis and care, which will improve health for those affected.**



## Who led this global process?



**8** Professor Helena Teede led this process with The International PCOS Network - Monash University, NHMRC Centre for Research Excellence in Women's Health in Reproductive Life (CRE-WHiRL), AE-PCOS (International Androgen Excess and Polycystic Ovary Syndrome Society), and UK patient group Verity. Globally, women and health professionals were involved.

## Implementing the change

**9** The minor change in the letters from PCOS to PMOS will help to ensure the condition is not seen as new, but as an update based on major advancement in understanding the condition.



**10** There is a 3 year transition time to change from PCOS to PMOS supported by a major international education and awareness campaign to ensure awareness and uptake reaches those affected, health professionals, governments and researchers around the world. The new name will be included in the 2028 International Guideline update.



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