



SIMPLE HEALTH PROFESSIONAL MESSAGES

PCOS has a new name and is now known as PMOS - Polyendocrine Metabolic Ovarian Syndrome

PMOS was developed through 22,000 surveys and multiple workshops including women with lived experience and health professionals, from 56 patient organisations and societies across the world.

Those with the condition were the biggest drivers of the name change - their voices and advocacy made it happen. Health Professionals supported the name change. It will help improve diagnostic accuracy and enable patients to receive appropriate care and treatment sooner.



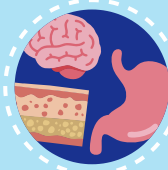
They wanted a name that is...

1 Scientifically accurate

There is **NO** increase in abnormal cysts on the ovary in this condition, only partly developed follicles that can look like cysts on ultrasound.



It affects multiple systems — endocrine, metabolic, mental health, dermal, and reproductive. But the name PCOS only focused on the ovary, and left out other important implications.



The condition affects women across the lifespan — from adolescence to post-menopause. The name PCOS focused on the reproductive system, misleading clinicians and patients that the condition is limited to the reproductive years.



2 Easy to communicate and use

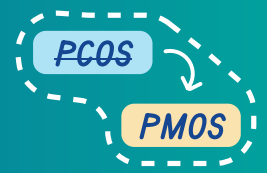
Those with the condition reported that they were misdiagnosed or waited too long for answers. They believed that a new name would speed up diagnosis and improve care.

Health professionals agreed. They also want to improve education, communication and care for patients, and a new name will reduce confusion, support effective shared decision-making and outcomes.



The new name will be phased in over a 3-year transition time. A plan was created to increase uptake in clinics, research, education, and public health communication around the world.

The evolution of the name will enhance understanding and a new name was prioritised over retaining the PCOS acronym or a generic descriptor.



3 Avoids stigma



A focus on the 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 words like 'reproductive' in the new name.

The new name is clearer, more accurate, better reflects what the condition really is and has been shaped by those who live with it everyday and those who care for them as health professionals.



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.

www.askpcos.org/www.askpmos.org

© Monash University