

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.



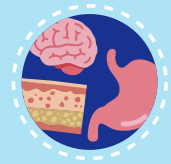
They wanted a name that is...

1 Scientifically accurate

PMOS removes the word 'cyst' - there is **NO** increase in abnormal cysts on the ovary in this condition, only partly developed eggs that can look like cysts.



PMOS is accurate as the condition affects many parts of the body — hormones, metabolism, mental health, skin, and the reproductive system. PCOS focused on the ovary, and left out other symptoms women experience.



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 make it easier to talk with their doctor, speed up diagnosis and improve the care they receive.

Doctors and health professionals agreed. They also want to improve education, communication and care and think that a new name will mean a better understanding, better care and better outcomes.



The new name will be phased in over a 3-year transition time.

A plan was created to help the new name be used in clinics, research, education, and public health communication around the world.



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.



Lorna Berry has PMOS and worked with the international team on the renaming process:

"While any change may feel unfamiliar at first, this is not about short-term discomfort. This is about accountability and progress. It is about my daughters, their daughters, and the countless women yet to be born who deserve clarity, understanding, and equitable healthcare from the very beginning."

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

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