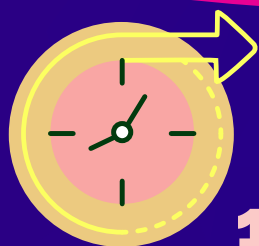




new things to know about PMOS



1

PMOS is a long term condition with wide-ranging features beyond reproductive health.



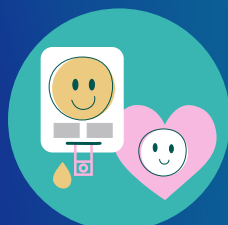
2

There are knowledge gaps amongst health professionals needing to be addressed by the Guideline resources.



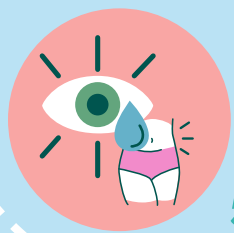
3

Doctors may use AMH levels instead of ultrasound to diagnose PMOS in adults.



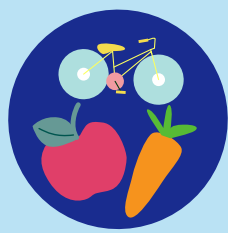
4

PMOS carries a strong risk of premature diabetes and heart disease, which needs recognition, screening and prevention.



5

PMOS has a high prevalence of mental health impacts, including depression and anxiety. Stigma related to weight, facial & body hair & severe acne can contribute. Treatment alleviates these.



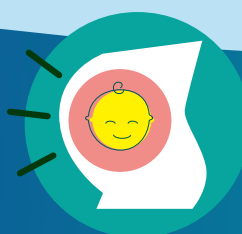
6

Manage PMOS with healthy lifestyle habits such as being as active as possible and eating healthy food most of the time.



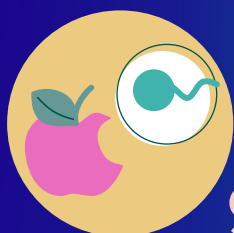
7

Laser & light therapy for reducing unwanted hair caused by PMOS are good options.



8

PMOS is considered a high-risk condition in pregnancy which needs recognition, screening & prevention.



9

Higher weight can affect fertility & pregnancy.



10

There are effective treatments for both the medical & fertility impacts of PMOS.

*Based on changes in the 2023 International Evidence-based Guideline for the assessment & management of polycystic ovary syndrome.



The AskPMOS App provides comprehensive, high quality PMOS information and support tools that are based on the latest evidence.
www.askpmos.org

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