



Do I have PMOS?

Polyendocrine Metabolic Ovarian Syndrome (PMOS) is common with no known cure. Knowing how to manage your PMOS is important.

Answer these questions

Do your periods come irregularly, not at all, or sometimes? (not on hormonal contraception)

Do you have excess hair on your face, stomach or back that bothers you? Do you have acne that may be severe?

Do the women in your family have PMOS or symptoms listed below?

If you answered yes to **one or more** of these questions, please see your doctor.

Symptoms

The symptoms of PMOS vary between women of different ages.



Irregular periods that are more or less than monthly or no periods



Excess hair growth on face, stomach, back and loss of hair on the top of the scalp



Low mood, sad for long periods, anxiety, low self-esteem, low motivation



Delays in getting pregnant



Acne, darkened skin patches



Weight gain that is hard to lose

Diagnosis

We require **only two** of the following three signs to diagnose a woman with PMOS:

1

Periods less regular — more or less often than monthly.

2

Higher levels of androgen hormones found from a blood test or symptoms such as excess body hair.

3

If needed in adults — if #1 or #2 alone are present, or elevated anti-mullerian hormone (AMH) levels — then the appearance of partly formed eggs (fluid filled sacks called follicles) will be observed on ultrasound.*

(greater than or equal to 20 follicles per ovary).

*This ultrasound is only needed if #1 and #2 are not found and is not recommended in younger women.



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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