



What is Polyendocrine Metabolic Ovarian Syndrome (PMOS)

Around 15% of reproductive age women have PMOS.

1. Introduction

Polyendocrine Metabolic Ovarian Syndrome (PMOS) — previously known as PCOS — is a hormonal health condition that can cause symptoms from irregular periods to abnormal hair growth. While the exact cause of PMOS is unknown, there may be both genetic and lifestyle factors that contribute to this condition. Higher levels of androgens, insulin resistance, and low-grade inflammation may play a role in causing PMOS, in addition to others.

2. From PCOS to PMOS

In May 2027, the name of this condition changed from “polycystic ovary syndrome” (PCOS) to “polyendocrine metabolic ovarian syndrome” (PMOS). This name change developed from over 50 patient organizations to better characterize the condition as well as the symptoms experienced by patients. Patients, advocates and medical professionals hope this change from focusing on cysts to hormone fluctuations and metabolic impacts will support better treatment and more accurate diagnoses.

3. Symptoms

Though cysts may still appear in the ovaries in patients with PMOS, the other symptoms take a more prominent role when diagnosing patients. Some of these symptoms include:

- + Irregular periods
- + Abnormal hair growth or hirsutism
- + Acne on the back, chest and face
- + Obesity and/or weight gain
- + Infertility

4. Treatment

Though there isn't a cure for PMOS, these and other treatments can help manage symptoms. Treatment for PMOS usually focuses on a mix of lifestyle changes and medications. The medications a patient takes may be more specific to their symptoms, such as hormonal birth control to support a more regular menstrual cycle. Other medications include those that block androgens or support insulin sensitization. Since part of PMOS is related to a patient's metabolic system, lifestyle changes focus on nutrition and maintaining a healthy weight.

Some patients, as mentioned previously, may experience infertility. For patients looking to become pregnant, surgery, IVF, and medications to induce ovulation are all options.

Did you know?

Polyendocrine Metabolic Ovarian Syndrome is the new name for Polycystic Ovary Syndrome (PCOS).

For more information on PMOS, please visit [endocrine.org](https://www.endocrine.org).

References:

<https://www.endocrine.org/news-and-advocacy/news-room/2026/pcos-name-change>

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