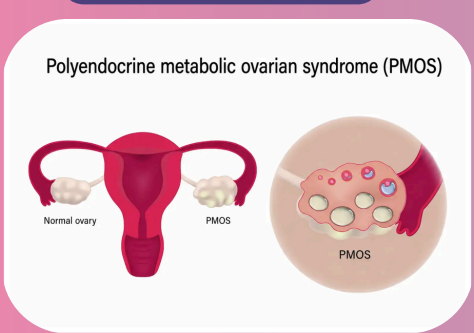
The Equity Library
help a girl out

PCOS VS PMOS

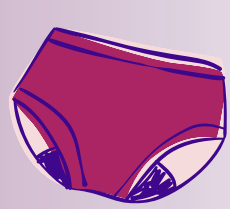
01. Definition



- **PMOS (Polyendocrine Metabolic Ovarian Syndrome),** was formerly known as **PCOS (Polycystic Ovary Syndrome),** is a common hormonal and metabolic condition in the female reproductive system.
- PMOS is generally the same condition as PCOS with a new and better name.
- Occurs when the ovaries produce higher-than-normal levels of androgens (hormones), disrupting the balance of reproductive hormones.

02. Why the Name change?

- **More accurate:** The term PCOS emphasizes ovarian cysts, although these are actually immature ovarian follicles.
- **New symptoms recognized:** You do not need to have polycystic ovaries to be diagnosed with the condition.
- **More inclusive:** PMOS (Polycystic Metabolic Ovarian Syndrome) better reflects the condition's hormonal and metabolic symptoms



03. Symptoms

Traditional PCOS Symptoms
- Polycystic ovaries
- Irregular or missed periods
- Excess facial or body hair
- Acne and oily skin
- Thinning scalp hair
- Difficulty conceiving

New Symptoms Recognized
- Insulin resistance
- Chronic fatigue (tiredness)
- Difficulty managing weight
- Anxiety and depression
- Sleep disturbances
- Elevated blood sugar
- Darkened skin patches (acanthosis nigricans)

04. Who is Impacted?

PMOS is more than an ovarian condition. It can affect hormonal, metabolic, reproductive, and emotional health. IT AFFECTS:
- 15% of people with uteruses of reproductive age (ages 15 to 49) have PMOS
- 40% to 80% of people with PMOS have obesity

Symptoms are different from person to person

05. When to Seek Help?



Speak with a doctor if you have:
- Irregular menstrual cycle (longer than 40 days between periods)
- Excess hair growth
- Difficulty getting pregnant

06. Treatment Options

Possible treatments:
- Balanced nutrition, regular exercise, and adequate sleep
- Hormonal birth control:
- Metformin: Helps manage insulin resistance an
- Anti-androgen medications
- Dermatological treatments for acne and scalp hair loss
- Metabolic health management

