

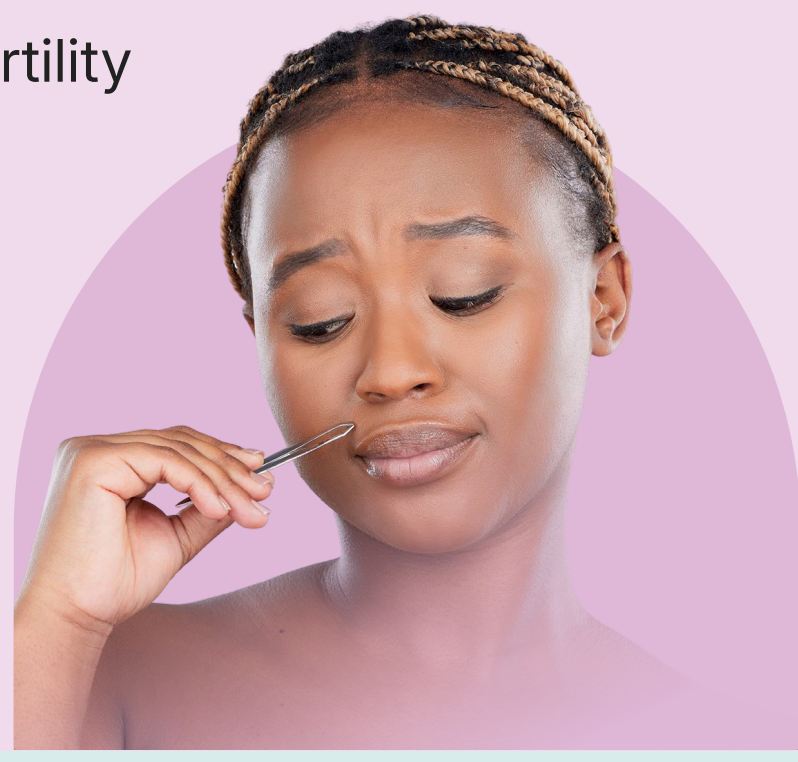
What Is PMOS?

Polyendocrine Metabolic Ovarian Syndrome (PMOS) is a multisystem health condition that causes hormone imbalance in women. PMOS used to be called polycystic ovary syndrome (PCOS).

What Are the Symptoms of PMOS?

The symptoms of PMOS can vary by person. However, the most common symptoms include:

- Irregular, infrequent, or absent menstrual cycles
- Difficulty becoming pregnant or infertility
- Excessive facial or body hair
- Acne on your back, chest, or face
- Thinning hair on your scalp
- Insulin resistance
- Abnormal glucose regulation



What Causes PMOS?

The exact cause of PMOS is unknown. Experts believe it may result from complex interactions among genetic, neuroendocrine, ovarian, androgen, insulin, and metabolic pathways.

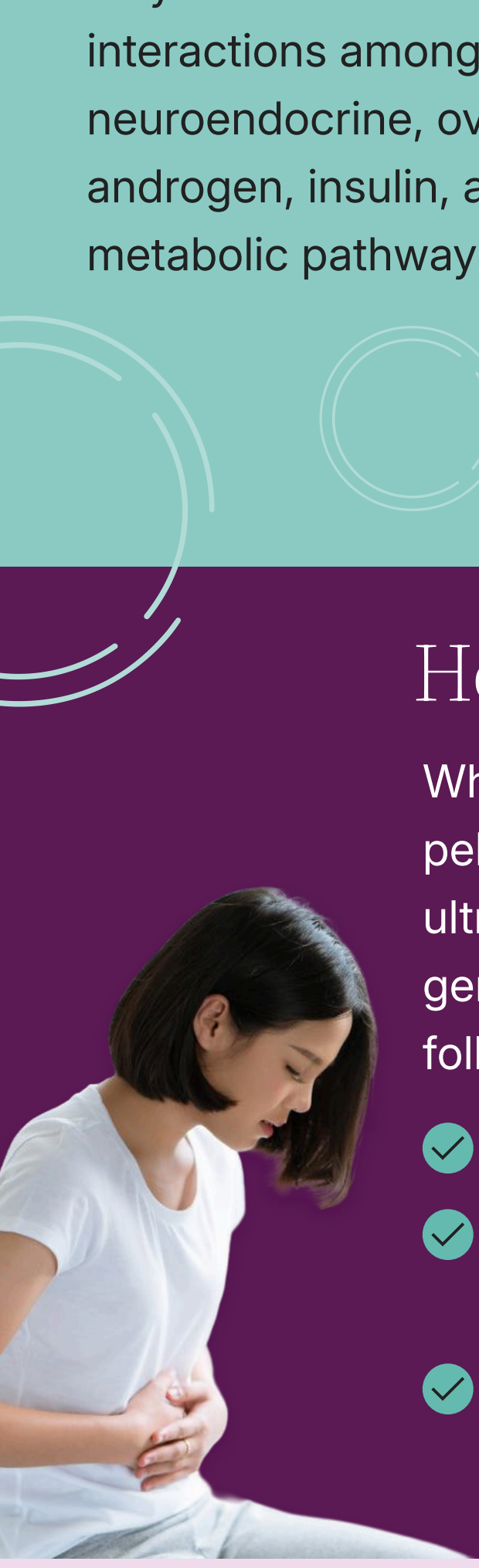
Did You know?

PMOS isn’t simply a condition that causes ovarian cysts. PCOS was renamed PMOS in May 2026 to reflect the condition's multisystem nature, involving endocrine, metabolic, neuroendocrine, and ovarian pathways.

How is PMOS Diagnosed?

While your doctor may order tests following a pelvic exam, there’s no single blood test or ultrasound to diagnose PMOS. Diagnosis generally requires at least two of the three following criteria:

- Irregular or absent ovulation
- Clinical or biochemical evidence of androgen excess
- Polycystic ovarian morphology on ultrasound or elevated antimullerian hormone (AMH)



How Do You Treat PMOS?

There is no one single treatment plan for PMOS that works for everyone, and treatment should always be individualized.

Some medications, such as metformin, may be used to regulate menstrual cycles and ovulation, but they aren’t designed as a cure.

Lifestyle interventions that support overall metabolic and cardiovascular health are foundational, but PMOS treatment should be designed to improve overall health, symptoms, and quality of life.

Is PMOS Genetic?

PMOS has a strong genetic component, but it isn’t caused by one single gene.