



PMOS affects 1
in 8 people
assigned
female at birth

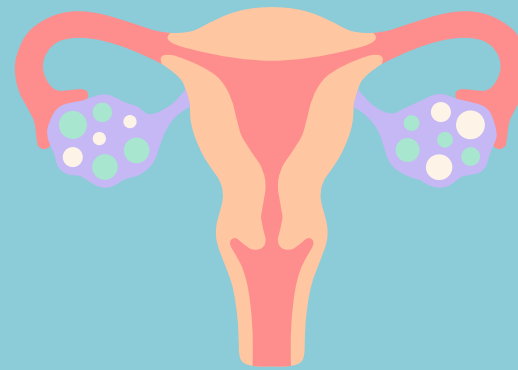
Do You Have PMOS?

What is PMOS?

- PMOS was previously known as PCOS.
- PMOS (Polyendocrine Metabolic Ovarian Syndrome) is a hormone condition affecting periods, fertility, hair growth, skin, weight and mood.
- It affects anyone with ovaries, usually starting at puberty and continuing until menopause.
- It is linked to hormone imbalance, insulin resistance, and higher androgen levels.
- PMOS can increase long-term risks such as type 2 diabetes, high blood pressure, CVD, fatty liver disease, and womb cancer.

Symptoms

- Irregular periods or long gaps between periods.
- Excessive hair growth (hirsutism) or hair loss.
- Weight gain or difficulty losing weight.
 - Difficulty getting pregnant.
 - Depression or anxiety.
 - Oily skin and acne.
 - Feeling very tired.
- Dark, thick patches of skin (acanthosis nigricans).



Getting A Diagnosis

Diagnosis is based on symptoms, blood tests, and imaging. A GP may arrange hormone and insulin-resistance blood tests, and if you're over 18, an ultrasound to look at the ovaries. Because PMOS symptoms overlap with other conditions, tests are used to rule out alternatives and confirm hormone imbalance. There is no single test, but symptoms plus blood tests and ultrasound together provide a reliable diagnosis.



Treatments

There is no cure for PMOS, but treatments and lifestyle changes can help ease symptoms

- Combined pill, progestogen-only pill, or IUS to regulate periods.
- Clomifene to support fertility.
- Spironolactone or eflornithine for reducing excess hair growth.
- Weight-loss medicines if overweight.
- Metformin to help with tiredness and weight problems linked to insulin resistance.
- Skin creams or tablets for acne.
- Laparoscopic ovarian drilling if fertility treatments haven't worked.
- Lifestyle changes: balanced diet, regular exercise (avoiding high-intensity), weight management, talking therapy, and hair-removal options.

Support

At HEY Endo CIO we offer a support network for people suffering with Endometriosis via a large private facebook group, regular in person group meetings and one-on-one clinic appointments. We support people from all walks of life, with the physical and emotional aspects of PMOS.

We don't judge, and we're all in this together!

PMOS Myths..

- PMOS is just a period problem
- You can't have PMOS if you're slim
- PMOS goes away after menopause
- Everyone with cysts on their ovaries has PMOS

Scan
ME!!

