

From PCOS to PMOS: A New Era in Women's Endocrine Health

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ABSTRACT

Polycystic Ovary Syndrome (PCOS) has long been recognised as one of the most common endocrine disorders affecting women of reproductive age. In May 2026, following an extensive 11-year international consensus process involving more than 22,000 stakeholders, PCOS was formally renamed as Polyendocrine Metabolic Ovarian Syndrome (PMOS). While the diagnostic criteria, pathophysiology, and treatment recommendations remain unchanged, the revised terminology reflects a more comprehensive understanding of the disorder as a multisystem endocrine and metabolic condition rather than solely a reproductive disorder.

The new nomenclature emphasises the endocrine, metabolic, and ovarian dimensions of the condition and aligns clinical terminology with current scientific evidence. PMOS highlights the importance of insulin resistance, cardiometabolic risks, mental health concerns, and long-term health consequences associated with the disorder. The revised terminology is expected to improve

patient understanding, reduce stigma, support multidisciplinary management, and promote earlier recognition, particularly among adolescents. During the transition period from 2026 to 2029, both PCOS and PMOS terminology may be used in clinical practice while healthcare systems progressively update records, guidelines, and educational resources.

The paper emphasises the importance of continued use of evidence-based diagnostic criteria and comprehensive management approaches, including cardiometabolic assessment, mental health screening, lifestyle modification, and long-term follow-up. The transition from PCOS to PMOS represents an important step toward improving awareness, communication, and holistic care in women's endocrine health.

Keywords: Endocrine disorders, Insulin resistance, Metabolic health, Polycystic ovary syndrome, Polyendocrine metabolic ovarian syndrome, Women's health.

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