

PCOS Renamed as PMOS, Meaning, Causes, Symptoms, Significance

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In May 2026, Polycystic Ovary Syndrome (PCOS) was officially renamed Polyendocrine Metabolic Ovarian Syndrome (PMOS) after a global consensus led by international endocrine and reproductive health experts. The decision was published in The Lancet and presented at the European Congress of Endocrinology in Prague.

About PCOS

Polycystic Ovary Syndrome (PCOS) is one of the **most common hormonal disorders affecting women of reproductive age**.

- It occurs when the **ovaries produce excess androgens**, which are male-type hormones normally present in small amounts in women.
- This hormonal imbalance disrupts the normal functioning of the ovaries and **affects ovulation, menstruation, metabolism and overall reproductive health**.
- In a normal menstrual cycle, several follicles begin developing inside the ovaries, but only one follicle matures completely and releases an egg during ovulation. In women with PCOS, this process gets disturbed.

Instead of one follicle fully maturing, many follicles stop developing midway and remain immature.

- These **immature follicles appear as small fluid-filled structures on ultrasound scans and were earlier mistaken for ovarian cysts.** However, experts now clarify that these are not true cysts but “arrested follicles.”
- The condition is commonly associated with **irregular menstrual cycles, difficulty in ovulation, infertility, weight gain, acne and excessive facial or body hair growth.** Many women also experience thinning of scalp hair, darkening of skin folds and difficulty in losing weight.
- The **exact cause of PCOS is still not fully known**, but experts believe that genetics, insulin resistance, hormonal imbalance, obesity, unhealthy diet, stress and sedentary lifestyle play an important role in its development.

Why was PCOS Renamed as PMOS?

Polycystic Ovary Syndrome (PCOS) was renamed Polyendocrine Metabolic Ovarian Syndrome (PMOS) in 2026 because experts believed the **old name was medically misleading and failed to reflect the true nature of the disorder.**

The term “PCOS” focused mainly on ovarian cysts, even though many women with the condition do not actually have cysts. The small structures seen on ultrasound are usually immature or arrested follicles, not true cysts. As a result, **many women were misdiagnosed or diagnosed late.**

Experts also found that PCOS is **not only a reproductive disorder.** It is a **multisystem condition** affecting the endocrine, metabolic, psychological and cardiovascular systems. **Women with PCOS face a higher risk of Type 2 diabetes, obesity, hypertension, fatty liver disease, heart disease, anxiety and depression** if the condition remains unmanaged for a long time. The new name better explains the condition:

- “Polyendocrine” shows that multiple hormone systems are affected.
- “Metabolic” highlights its link with obesity and diabetes.
- “Ovarian” retains its reproductive aspect.
- “Syndrome” indicates a group of related symptoms.

Management and Treatment of PMOS

Although the name has changed from PCOS to PMOS, the **treatment approach remains largely the same.** Management mainly focuses on controlling symptoms, improving hormonal balance and reducing long-term metabolic risks.

Treatment usually includes regular physical activity, weight management, balanced nutrition, proper sleep and stress reduction. Doctors may also prescribe hormonal therapy and insulin-sensitising medicines such as Metformin when required.

Significance of Renaming PCOS as PMOS

The renaming of PCOS to PMOS shows a **better medical understanding of the disorder**. The new name explains that the condition is not only related to the ovaries, but also affects hormones, metabolism and overall health.

- The renaming **shifts attention from only fertility and menstrual issues to the overall physical and mental health of women.**
- It may improve early diagnosis because many women were earlier misdiagnosed or diagnosed late due to confusion related to ovarian cysts.
- The new terminology encourages doctors to adopt a more comprehensive treatment approach that includes screening for diabetes, cholesterol abnormalities, obesity and mental health problems.
- It also promotes multidisciplinary care involving endocrinologists, gynaecologists, nutritionists and mental health experts instead of focusing only on reproductive treatment.
- The renaming can help reduce social stigma associated with infertility, obesity, acne and irregular periods by presenting the condition as a broader medical disorder.
- In India, the change is especially important because PMOS cases are rising rapidly among adolescents and young urban women due to sedentary lifestyles, unhealthy diets, stress and obesity.
 - Different Indian studies estimate that between 3.7% and 22% of women are affected, while experts believe nearly 16–18% of Indian women suffer from PMOS.
 - Studies show that more than one-third of Indian women with PMOS suffer from metabolic syndrome.
- Indian women are also genetically more vulnerable to diabetes and cardiovascular diseases, making early diagnosis and management of PMOS more important.
- Overall, the renaming reflects a growing scientific understanding that PMOS is a lifelong hormonal and metabolic disorder requiring early intervention, lifestyle management and holistic healthcare.

Source: <https://vajiramandravi.com/current-affairs/pcos-renamed-as-pmos/>

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