

#HEALTH & FITNESS

Why renaming PCOS to PMOS matters more than we think



PCOS is having a rebrand. After a long global consultation process involving clinicians, researchers, and patients, experts recommended a new name: polyendocrine metabolic ovarian syndrome, or PMOS.

The old name, PCOS, often misled people. Many of us grew up believing ovarian cysts were the main reason for this condition, when in reality, not every person with PCOS actually develops cysts in their ovaries.

This one change of word completely shifted how millions of people understand their own bodies.

Countless individuals spent years

undiagnosed, confused, and dismissed, as scans did not show cysts. The term “cystic” nailed down the conversation to one symptom, while the main condition has always been far deeper and more complex. For years, conversation about PCOS also ended up to “just take birth control” and you are good to go. The seriousness of this condition did not receive the attention it needed, and women have been suffering without a proper cure.

The new name finally acknowledges the actual problem is deeply connected to our metabolism instead of just our ovaries. “Polyendocrine” acknowledges that multiple hormone systems are

involved. “Metabolic” brings attention to insulin resistance and cardiometabolic risk. “Ovarian” remains relevant because ovarian dysfunction is still central to many cases.

In bodies affected with PMOS, insulin resistance plays a big role, and for many people, it silently impacts how the body processes energy and regulates hormones. This is why people with PMOS experience symptoms like exhaustion, sudden weight gain, cravings, acne, irregular cycles, facial hair, and hair thinning – all these things together.

People might think, “How can a single letter be that revolutionary,” right? Yes, it can. Maybe it does not magically solve the

condition, but now it changes the way we feel and talk about it. It encourages us to start understanding it instead of treating it as a reproductive issue.

PMOS is one of the biggest rebrands of modern medicine in women’s health. Sometimes changing one letter can change an entire perspective.

With a new change, it will reduce the conversation about periods and fertility and focus more on full-body metabolic conditions.

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Photo: LS Desk

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সোপ
এখন
নতুন রূপে

স্বপ্নের ছোয়ায়, তোমার উপমায়,
বদলে দিলে যে আমায়...

Sandalina
Sandal & Moisturizer

Sandalina
Sandal & Rose

Sandalina
Sandal & Saffron

Sandalina
Sandal & Jasmine

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স্যান্ডাল এন্ড রোজ
নতুন
সংযোজন
স্যান্ডাল এন্ড জেসমিন

রূপচর্চায় আদ্রিজাত্য...

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