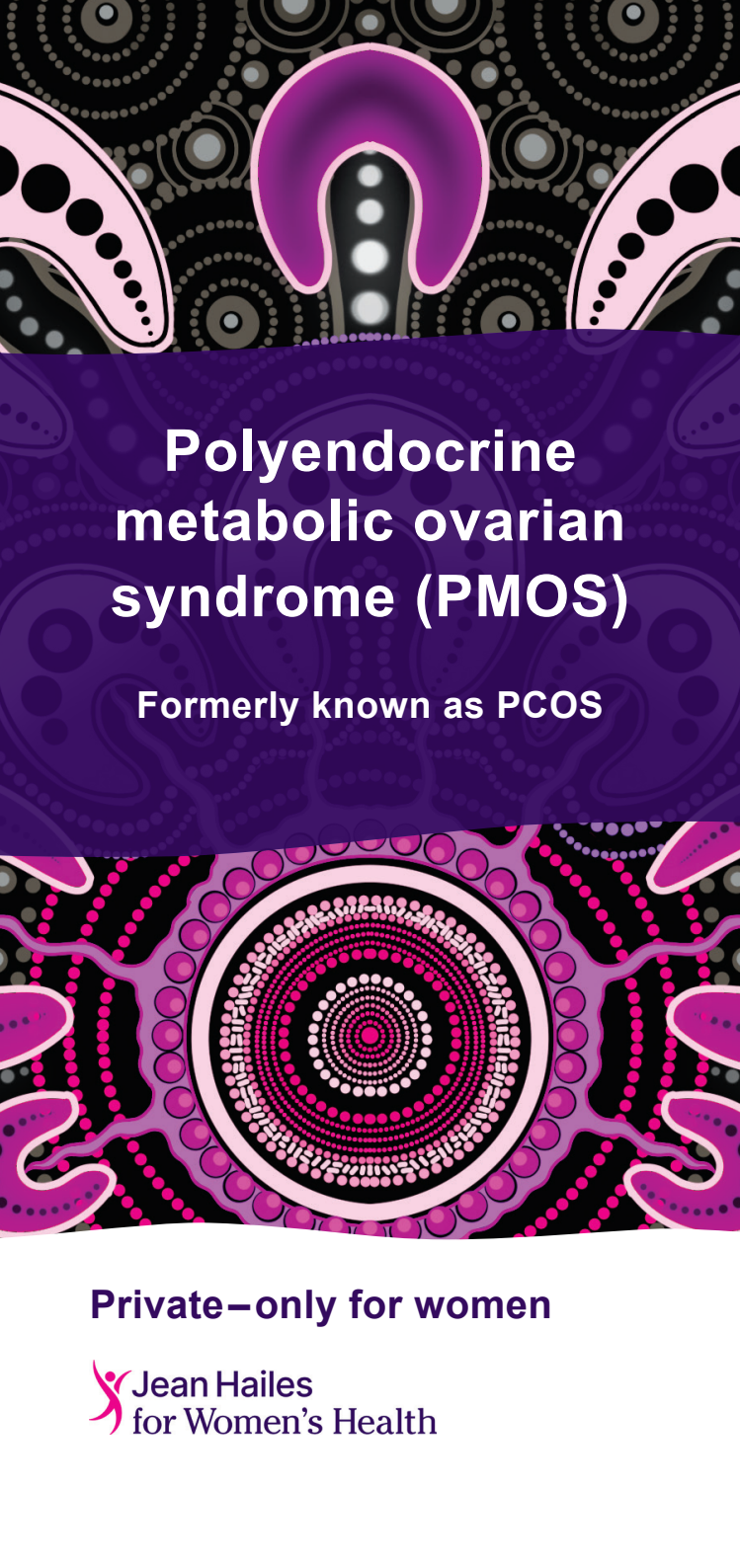




Polyendocrine metabolic ovarian syndrome (PMOS)

Formerly known as PCOS

Private—only for women

 **Jean Hailes**
for Women's Health

About this booklet

Jean Hailes for Women's Health acknowledges the Traditional Owners of Country throughout Australia and recognises their continued connection to land, waters and culture.

We pay respect to Elders past and present.

This is an updated version of the resource developed in partnership between Jean Hailes for Women's Health and Alukura Women's Health Service on behalf of Central Australian Aboriginal Congress (Congress), on the land of the Central Arrernte people.

We acknowledge the support and involvement of NT Health – Primary and Public Health, Central Australia.

We would also like to acknowledge the women of Mparntwe (Alice Springs) and surrounding communities who helped shape these resources.



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Jean Hailes for Women's Health gratefully acknowledges the support of the Australian Government.

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What's PMOS?

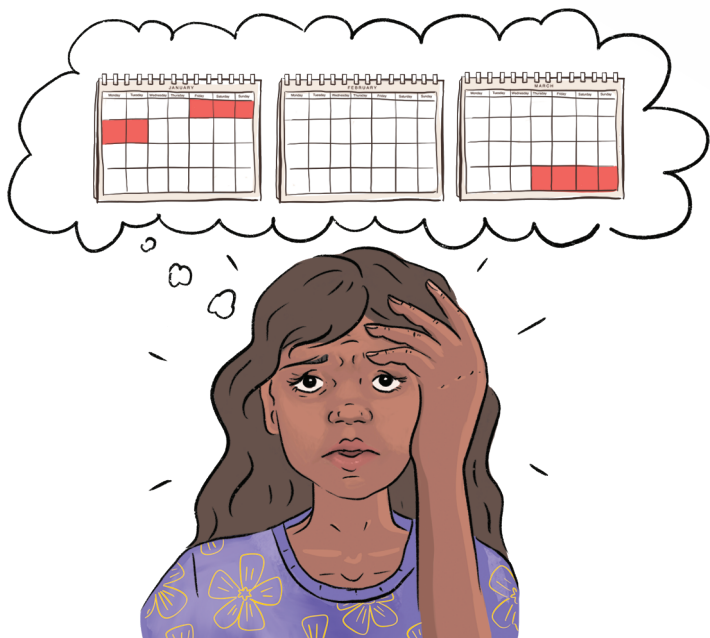
Polyendocrine metabolic ovarian syndrome (PMOS) used to be called polycystic ovary syndrome (PCOS).

The new name shows that the condition affects the whole body.

PMOS is a complex health condition with different symptoms, including irregular or absent periods.

PMOS is common.

In Australia, PMOS affects 1 in 8 women and may be more common in Aboriginal and Torres Strait Islander women.



PMOS symptoms

If you have PMOS, you might notice symptoms such as:

- irregular or absent periods
- thick hair on your face and body
- hair loss around your scalp
- pimples
- anxiety and depression
- difficulty losing weight
- fertility and pregnancy issues.

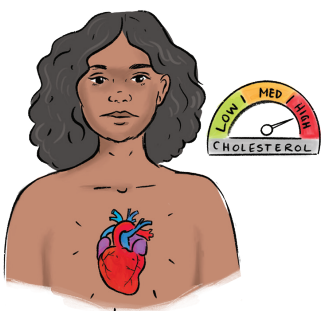
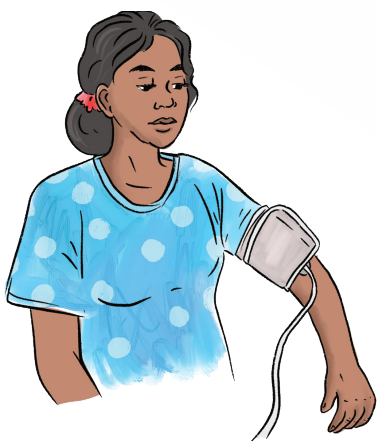


PMOS can lead to other health issues

PMOS can affect different systems in the body.

Women with PMOS have a higher risk of developing conditions relating to:

- the heart
- metabolism (how the body converts food and drink into energy)
- fertility
- mental health.



How do you know if you have PMOS?

If you have symptoms, talk to your health carer. They will:

- ask how often you get your periods
- ask about your symptoms, like pimples or extra hair on your face or back.

Your health carer might be a doctor, nurse or health worker.

A doctor might also organise an ultrasound to check your ovaries.



Looking after yourself

Having a healthy lifestyle is the best way to manage PMOS.

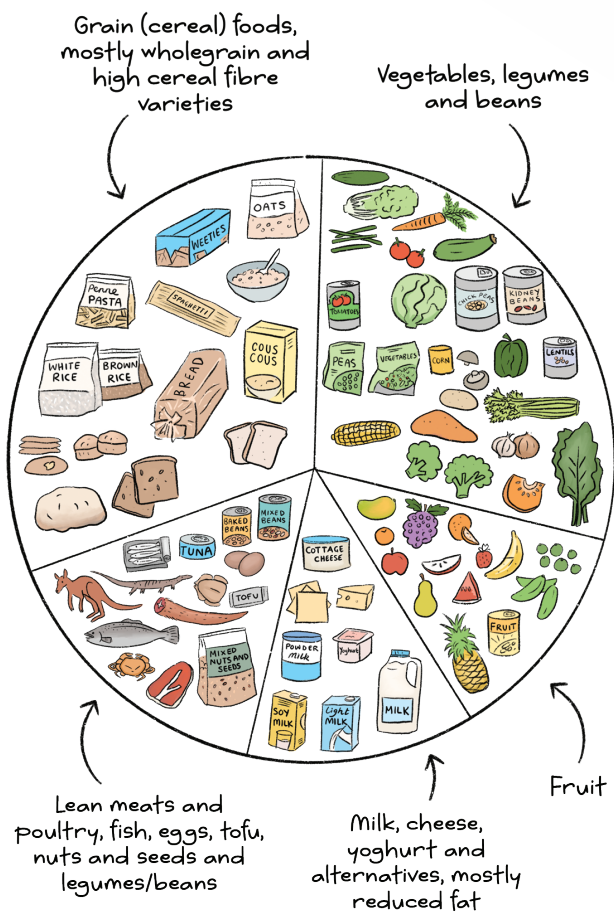
This might mean:

- eating healthy food
- doing physical activity
- losing weight if you need to
- taking medicine if you need to.



Healthy diet

Eat foods from the
5 food groups every day.



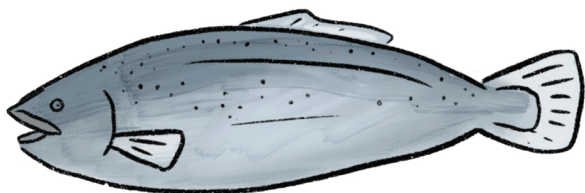
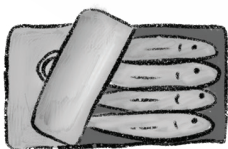
Based on material provided by the
National Health and Medical Research Council.

Healthy diet

Include healthy fats in your diet.

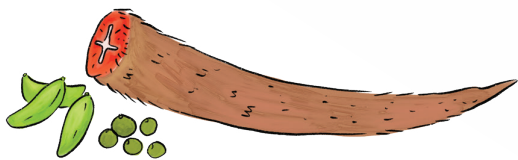
For example:

- fatty fish like salmon, tuna and sardines
- nuts and seeds
- avocado
- extra virgin olive oil.



Healthy diet

- A healthy meal should be half vegetables, with some protein and grains.
- Eat regular meals and snacks when you feel hungry.
- Eat less and stop eating when you feel full.
- Drink more water and less sugary drinks.



Be active

If you have PMOS,
it's important to move
your body every day.

For example:

- go for a walk
- do some gardening
- collect bush tucker
- dance
- play football.

Talk to your health carer
about how much activity you
need to do to stay healthy.



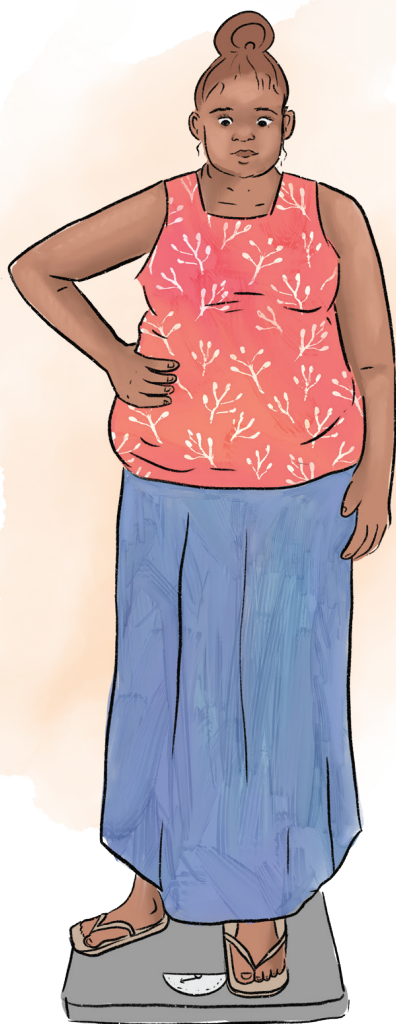
Healthy weight

If you have PMOS, it's important to be a healthy weight.

Your health carer might:

- measure your waist
- check your body mass index (BMI).

They can help you make goals to reach a healthy weight.



Medicine

Medicine can help with:

- weight loss
- mental health
- irregular periods
- infertility.



Remember

- PMOS is a complex health condition.
- You might have PMOS if you have irregular or absent periods.
- A healthy lifestyle is the best way to improve PMOS symptoms.
- Talk to your health carer about treatment options.



Notes

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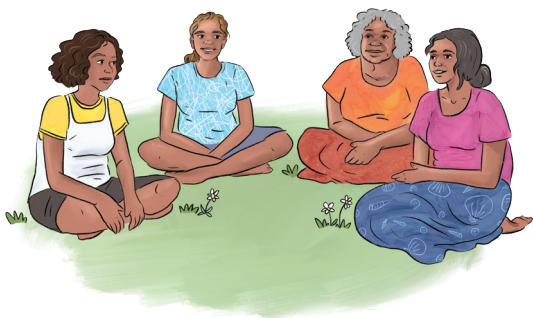
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About the artists



The cover artwork is **Arelhe Areye** by Amunda Gorey. “This image is to represent different types of ladies who develop PCOS [now known as PMOS] and they’re all different, for some it’s genetics and for some it’s lifestyle.”

Amunda Gorey is an Arrernte artist who grew up in the remote community of Santa Teresa, an hour south-east of Alice Springs.



Illustrations by Coolamon Creative.

Coolamon Creative is a 100% Aboriginal owned and operated creative services agency operating out of Darwin and Alice Springs.

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Disclaimer: This information does not replace medical advice. If you are worried about your health, talk to your doctor or healthcare team.

We write health information for people with diverse backgrounds, experiences and identities. We use the term 'women', but we recognise that people who identify differently may use our content.

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