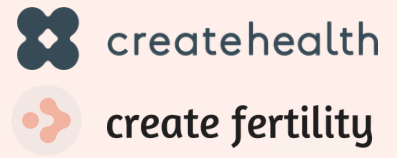


Referral Guide

PMOS (formally PCOS)



Clinical presentation: Suspected polyendocrine metabolic ovary syndrome (PMOS)

Refer to: Obstetrician/Gynaecologist or Endocrinologist

Polyendocrine metabolic ovary syndrome (PMOS formally PCOS) is a common endocrine disorder characterised by ovulatory dysfunction, hyperandrogenism and/or polycystic ovarian morphology. Early recognition is important due to its association with subfertility, sleep apnoea, mental health disorders, type 2 diabetes, cardiovascular risk factors and endometrial hyperplasia. Timely specialist assessment can assist with diagnosis, symptom management, fertility planning and long-term health optimisation.

When to refer

- Irregular, infrequent or absent menstrual periods
- Clinical signs of hyperandrogenism (e.g. hirsutism, acne, androgenic alopecia)
- Difficulty conceiving or infertility concerns
- Unexplained weight gain or metabolic concerns in the context of suspected PMOS
- Significant menstrual symptoms impacting quality of life
- Diagnostic uncertainty or concern regarding alternative endocrine disorders
- Adolescents with persistent menstrual irregularity and features suggestive of PMOS beyond the expected post-menarche transition period

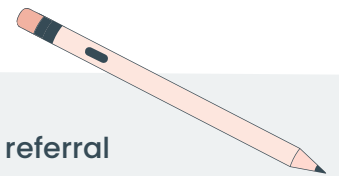
Initial GP work up

Where clinically appropriate and without delaying referral:

- Pregnancy test if amenorrhoea or menstrual irregularity is present
- Total testosterone and/or free androgen index
- Sex hormone-binding globulin (SHBG)
- Thyroid function tests
- Prolactin
- Lipid profile
- Pelvic ultrasound where indicated
- Measurement of BMI, blood pressure, and waist circumference

Information to include in referral

- Menstrual history and cycle pattern
- Fertility concerns or pregnancy intentions
- Symptoms of hyperandrogenism and duration
- Relevant pathology results
- Pelvic ultrasound findings (if performed)
- Weight, BMI, and metabolic risk factors
- Current medications and previous treatments
- Relevant medical and family history, including diabetes and cardiovascular disease
- Any previous specialist assessments or diagnoses



Your referral is
always welcome.

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