



Pakistan Endocrine Society

PMOS Awareness Activities 2026

*Healthy Women
Stronger Society*

PMOS Awareness Activities 2026

Patrons



Dr. S. Abbas Raza

Global - Laureate Awards by
the Endocrine Society
Tamgha-i-Imtiaz: Past - President - ISE
(International Society of Endocrinology)
CEO : MED Consultant –
(Medicine – Endocrine – Diabetes)
Past President and Founder Vice-President:
South Asian Federation of Endocrine Societies - SAFES
Lifetime Achievement Award:
Pakistan Endocrine Society



Dr. Aisha Sheikh

Consultant Endocrinologist,
The Aga Khan University, Karachi
Immediate-Past President,
Pakistan Endocrine Society



Dr. Ibrar Ahmed

Consultant Endocrinologist &
Divisional Head
Post Graduate Medical Institute,
Lady Reading Hospital, Peshawar
Past President,
Pakistan Endocrine Society

Director



Dr. Amena Moazzam

Associate Professor Endocrinology
Allama Iqbal Medical College, Lahore
Executive Member,
Pakistan Endocrine Society

President, PES



Dr. Ali Asghar

Consultant Endocrinologist
Liaquat National Hospital,
Karachi

Director



Dr. Saba Hafeez

Consultant Endocrinologist
Shifa International Hospitals Ltd.
Islamabad
Executive Member,
Pakistan Endocrine Society

PMOS Awareness Activities 2026

PES - PMOS Team 2026



Prof. Arshad Hussain

Consultant Endocrinologist
Northwest General Hospital &
Research Centre, Peshawar
Executive Member,
Pakistan Endocrine Society



Dr. Azra Rizwan

Consultant Endocrinologist
Aga Khan University Hospital, Karachi
Executive Member,
Pakistan Endocrine Society



Dr. Fahim Ullah

Consultant Endocrinologist
Rehman Medical Institute (RMI),
Peshawar
Executive Member,
Pakistan Endocrine Society



Dr. Fatima Zahra

Associate Professor
Jinnah Sindh Medical University
(JPMC), Karachi
Executive Member,
Pakistan Endocrine Society



Dr. Hafiza Ammarah Sadiq

Consultant Endocrinologist
Gulab Devi Teaching Hospital/AAMC
Lahore
Executive Member,
Pakistan Endocrine Society



Dr. Hafeeza Naz

Assistant Professor Endocrinology &
Head of Sakina Institute of Diabetes and
Endocrinology Research (SiDER)
Shalamar Hospital Lahore
Executive Member,
Pakistan Endocrine Society



Dr. Kaleem Ullah Badini

Consultant Endocrinologist
ARIA Institute of Medical Sciences,
Quetta
Executive Member,
Pakistan Endocrine Society



Dr. M. Yaqoob Khan

Assistant Professor and
Consultant Endocrinologist,
Saidu Group of Teaching Hospital,
Mingora, Swat
Executive Member,
Pakistan Endocrine Society



Dr. M. Naeem Khan Durrani

Consultant Endocrinologist
ARIA Institute of Medical Sciences,
Quetta
General Secretary,
Pakistan Endocrine Society

PMOS Awareness Activities 2026

PES - PMOS Team 2026



Dr. Sadia Salman

Consultant Endocrinologist
Sir Ganga Ram Hospital, Lahore
Executive Member,
Pakistan Endocrine Society



Dr. Saira Furqan

Assistant Professor and
Program Director Endocrinology
Aga Khan University Hospital, Karachi
Executive Member,
Pakistan Endocrine Society



Dr. Saima Askari

Consultant Endocrinologist &
Assistant Professor
Baqai Institute of Diabetes & Endocrinology
Baqai Medical University, Karachi
Executive Member,
Pakistan Endocrine Society



Dr. Shaista Kanwal

Assistant Professor
Department of Endocrinology
and Metabolic Diseases
Hayatabad Medical Complex, Peshawar
Executive Member,
Pakistan Endocrine Society



Prof. Sobia Sabir Ali

Consultant Endocrinologist
Khyber Medical University Hospital &
Research Centre (KMU-RC),
Hayatabad, Peshawar
Executive Member,
Pakistan Endocrine Society



Dr. Sumerah Jabeen

Consultant Endocrinologist
Indus Hospital, Karachi
Executive Member,
Pakistan Endocrine Society



Dr. Suresh Kumar

Consultant Physician &
Endocrinologist
Sandeman Provincial Hospital, Quetta
Vice President (Balochistan),
Pakistan Endocrine Society



Dr. Tahir Ghaffar

Consultant Endocrinologist
Hayatabad Medical Complex, Peshawar
Vice President (KP),
Pakistan Endocrine Society



Dr. Urooj Lal Rehman

Assistant Professor (Endocrinology)
JPMC, Karachi
Executive Member,
Pakistan Endocrine Society

PMOS Awareness Activities 2026

PES - PMOS Team 2026



Prof. Uzma Malik

Consultant Endocrinologist and
Diabetologist
Cancer Care Hospital, Lahore
Executive Member,
Pakistan Endocrine Society



Dr. Uneeba Syed

Consultant Endocrinologist
Allama Iqbal Medical College,
Lahore
Vice President (Punjab),
Pakistan Endocrine Society



Dr. Zareen Kiran

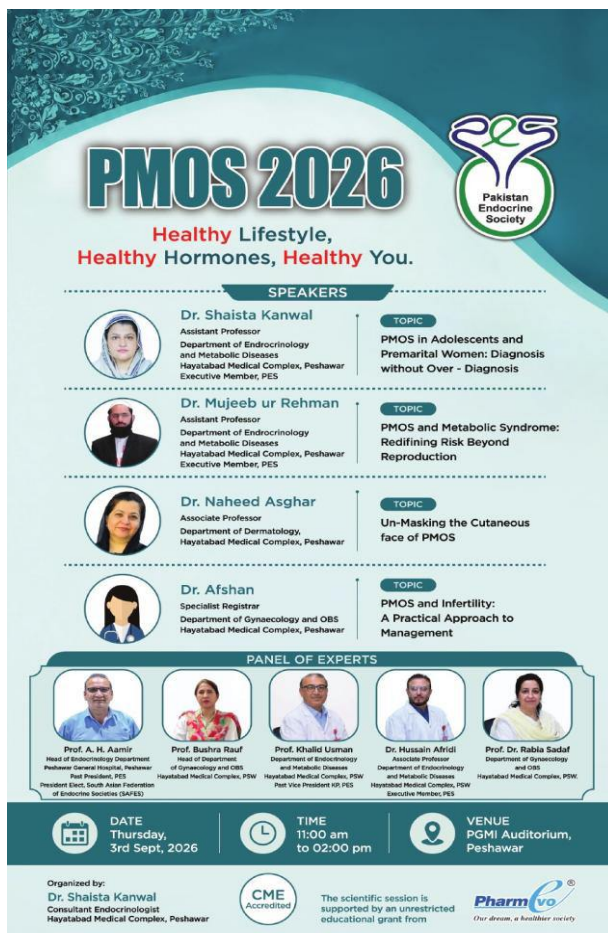
Consultant Endocrinologist
DOW University of Health Sciences,
Karachi
Executive Member,
Pakistan Endocrine Society

PMOS Awareness Activities 2026

September 2026 marked a major nationwide awareness drive by the Pakistan Endocrine Society (PES) to introduce and strengthen understanding of Polyendocrine Metabolic Ovarian Syndrome (PMOS) across Pakistan. Under the theme of healthy women and a stronger society, the campaign brought together endocrinologists, gynaecologists, dermatologists, healthcare professionals, students and the wider community to highlight that PMOS extends far beyond reproductive health, encompassing metabolic, endocrine, dermatological and psychological dimensions. Activities were organized across Karachi, Lahore, Islamabad, Multan, Quetta and other parts of the country, taking the PMOS conversation beyond the clinic and into hospitals, educational institutions, communities and digital platforms

Venue: PGMI Auditorium, Peshawar

Thursday, 3rd Sept, 2026



PMOS 2026
Healthy Lifestyle,
Healthy Hormones, Healthy You.

SPEAKERS

	Dr. Shaista Kanwal Assistant Professor Department of Endocrinology Hayatabad Medical Complex, Peshawar Executive Member, PES	TOPIC PMOS in Adolescents and Premarital Women: Diagnosis without Over - Diagnosis
	Dr. Mujeeb ur Rehman Assistant Professor Department of Endocrinology and Metabolic Diseases Hayatabad Medical Complex, Peshawar Executive Member, PES	TOPIC PMOS and Metabolic Syndrome: Redefining Risk Beyond Reproduction
	Dr. Naheed Asghar Associate Professor Department of Dermatology, Hayatabad Medical Complex, Peshawar	TOPIC Un-Masking the Cutaneous face of PMOS
	Dr. Afshan Specialist Registrar Department of Gynaecology and OBS Hayatabad Medical Complex, Peshawar	TOPIC PMOS and Infertility: A Practical Approach to Management

PANEL OF EXPERTS

				
Prof. A. H. Asim Head of Endocrinology Department Peshawar General Hospital, Peshawar Past President, PES President Elect, South Asian Federation of Endocrine Societies (SAFES)	Prof. Bushra Rauf Head of Department of Endocrinology and OBS Hayatabad Medical Complex, PSW	Prof. Khalid Usman Department of Endocrinology and Metabolic Diseases Hayatabad Medical Complex, PSW Past Vice President KP-PES	Dr. Hussain Afridi Associate Professor Department of Endocrinology and Metabolic Diseases Hayatabad Medical Complex, PSW Executive Member, PES	Prof. Dr. Rabia Sadaf Department of Gynaecology and OBS Hayatabad Medical Complex, PSW

DATE Thursday,
3rd Sept, 2026

TIME 11:00 am
to 02:00 pm

VENUE PGMI Auditorium,
Peshawar

Organized by:
Dr. Shaista Kanwal
Consultant Endocrinologist
Hayatabad Medical Complex, Peshawar

CME
Accredited

The scientific session is
supported by an unrestricted
educational grant from

Pharmvo
Our dream, a healthier society



PMOS Awareness Activities 2026

Venue: Swat Medical Complex, Mingora, Swat

Thursday, 10th Sept, 2026

PMOS 2026
Healthy Lifestyle,
Healthy Hormones, Healthy You.

SPEAKERS

Dr. Izhar ul Haq
FCPS Internal Medicine
FCPS Endocrinology and Diabetes
Consultant Endocrinologist,
Swat Teaching Hospital, Swat

Dr. Azmat Ali Khan
MBBS, FCPS (Med),
FCPS Endocrinology,
Senior Registrar,
Swat Teaching Hospital, Swat

Dr. Zia Ullah Khan
FCPS (Dermatology)
Senior Registrar,
Department of Dermatology,
Swat Medical College

Dr. Romana Khursheed
Senior Registrar Swat Medical Complex
Department of Dermatology,
Swat Teaching Hospital, Swat

TOPIC
PMOS: Understanding the
Endocrine and Metabolic
Spectrum

TOPIC
Beyond the Diagnosis:
Optimizing Long Term
Management of PMOS

TOPIC
The Skin Speaks: Dermatological
Manifestation of PMOS

TOPIC
PMOS Across the Reproductive
Journey: From Menstrual
Dysfunction to Fertility

CHIEF GUEST
Dr. Muhammad Usman
Senior Registrar Swat Medical Complex
Department of Dermatology,
Swat Teaching Hospital, Swat

PANEL OF EXPERTS
Prof. Dr. Parvaz Khan
Senior Registrar Swat Medical Complex
Department of Dermatology,
Swat Teaching Hospital, Swat

Dr. Syeda Huma Shah
House Officer
Swat Medical Complex and Teaching Hospital
Mingora, Swat

MODERATOR
Dr. Sander Ali Khan
Consultant Endocrinologist
Integrated Specialist Clinic, Mingora Swat
Scientific Executive Member PES

DATE
Thursday,
10th Sept, 2026

TIME
12:00 pm
to 02:00 pm

VENUE
Swat Medical Complex,
Mingora, Swat

The scientific session is supported by an unrestricted educational grant from **Pharmaco**



Venue: Capital Hospital CDA, Islamabad.

Thursday, 16 Sept, 2026

PMOS 2026
Healthy Lifestyle,
Healthy Hormones, Healthy You.

Polycystic Ovarian Syndrome (PMOS):
Beyond the Ovary, A Multidisciplinary Approach
to Diagnosis and Management

DATE
16th Sep 2026

TIME
10:00 AM – 12:00 PM

VENUE
Auditorium, Capital Hospital
Islamabad.

Chief Guest:
Dr Naem Taj

Organizing Chair:
Dr Sarwar Malik

Moderator:
Dr Aimen Malik

Panel of Experts:
Dr Aziz-un-Nisa
Dr Sheeba Noreen
Dr Sarfaraz Khan
Dr Saba Hafeez
Dr Sarwar Malik

PROGRAM SCHEDULE

SPEAKER	TOPIC	TIME
Dr Sarwar Malik	Welcome Note	
Dr Aimen Malik	PMOS: Beyond the Ovary: Recognizing the Multisystem Disease	10-15 Min
Dr Saira Bashir	Endocrine and Metabolic Management of PMOS	20-25 Min
Dr Hadia Aziz	Reproductive Health and Fertility in PMOS	20-25 Min
Miss Mehwish	Medical Nutrition Therapy and Lifestyle Intervention in PMOS	15-20 Min

Panel Discussion:
20-30 Minutes

Vote of Thanks:
Dr Naem Taj

The scientific session is supported by an unrestricted educational grant from **Pharmaco**



PMOS Awareness Activities 2026

Venue: Shalimar Hall, Faletti's Hotel, Lahore

Thursday, 24th Sept, 2026



PMOS 2026
Healthy Lifestyle,
Healthy Hormones, Healthy You.
(In Collaboration with Pakistan Academy of Family Physicians)

Organizer - Lead PES-PMOS 2026
Dr. Armina Moazzam Baig
Associate Professor, Endocrinology, JADE
Allama Iqbal Medical College
Executive Member, PES

Vice President (Punjab), PES
Dr. Ummeed Syed
FCPS (Medical), FCPS (Endo), FCPS (GK)
Consultant Endocrinologist
Assistant Professor Medicine
Vice President Punjab PES

PANEL OF EXPERTS

Prof. Ali Javed
MD (Internal Medicine), FACS (USA)
FACP (USA), FRCG (Canada), JADE (USA)
Joseph Memorial Hospital, Jeddah, Saudi Arabia
President, Pakistan Endocrine Society

Prof. Lamees Mahmood Malik
MD, PhD, Assistant Professor
Allama Iqbal Medical College,
Jahangirpura, Lahore

Dr. Noreen Ashraf
MSc (Endo), FCPS (Endo), FCPS (GK)
MD, PhD in Reproductive Endocrinology
(PhD thesis: University of South India, India)
Dr. (PES) - Endocrinology Consultant
Associate Professor, Allama Iqbal Medical College

Dr. Kiran Chaudhary
FRCGS (Endocrinology)
Consultant, Shalimar Hospital, Lahore
Department Director of Endocrinology (USA)
Department Director of Endocrinology (USA)

MODERATOR
Dr. Fatima Hafza
MD, PhD, FRCGS (Endocrinology)
Post Graduate Fellow in Endocrinology
Department of Diabetes and Endocrinology
Allama Iqbal Medical College

ORGANIZERS
Dr. Armina Moazzam Baig
Dr. Kiran Chaudhary
Dr. Noreen Ashraf
Dr. Ummeed Syed

DATE Thursday, 24th Sept, 2026
TIME 02:00 pm to 04:00 pm
VENUE Shalimar Hall, Faletti's Hotel, Lahore

The CHE workshop is supported by an unrestricted educational grant from
Pharmvo
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Venue: Fehmi Health Care Center, Gulberg, Karachi

Friday, 25th Sept, 2026



PMOS 2026
Healthy Lifestyle,
Healthy Hormones, Healthy You.

FACULTY

Dr. Uzma Khan
Professor of Medicine
Consultant Endocrinologist
Columbia, Missouri, USA
International Executive Member, PES

Prof. Musarrat Riaz
Executive
National Institute of Diabetes
and Endocrinology
New University of Health
Sciences Karachi
Publication Secretary, PES

Dr. Syeda Saima Askari
Assistant Professor &
Consultant Endocrinologist, BIDE,
BIBA, Karachi
Executive Member, PES

Dr. Farrukh Naheed
Professor & HOD
Diabetes Department,
Basil Medical University Karachi

Dr. Uroosa Shafiq
Registrar in Dermatology
Department, Naeem Hospital,
Karachi

Ms. Zainab Tariq
Consultant Clinical Dietitian
Basil Institute of Diabetes and
Endocrinology, Karachi

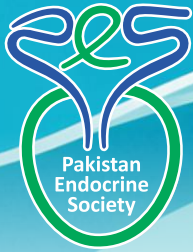
MODERATOR
Dr. Arwa Hatim
Consultant Diabetologist and Incharge of the Diabetic
Foot Clinic at Basil Institute of Diabetes and
Endocrinology (BIDE)

DATE Friday, 25th Sept, 2026
TIME 10:00 am to 12:00 pm
VENUE Fehmi Health Care Center, Gulberg, F.B. Area, Block-12, Karachi

Organizer:
Dr. Syeda Saima Askari
Assistant Professor &
Consultant Endocrinologist, BIDE,
BIBA, Karachi
Executive Member, PES

The scientific session is supported by an unrestricted educational grant from
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Healthy Women
Stronger Society

PMOS Awareness Activities 2026

Venue: Department of Endocrine, LUMHS, Jamshoro

Friday, 25th Sept, 2026

PMOS 2026
Healthy Lifestyle,
Healthy Hormones, Healthy You.

SPEAKERS

Prof. Dr. Nusrat Nisar
Head of the Department
Endocrinology & Diabetology
LUMHS, Jamshoro

Dr. Muhammad Saleem Khan
Assistant Professor & HOD
Department of Endocrinology,
LUMHS, Jamshoro
Executive Member, PES

Dr. Nida Shafiqat Memon
MBBS, FCPS
Assistant Professor (Dermatology)
LUMHS, Jamshoro

Dr. Sarwat Anjum
Consultant Endocrinologist MBBS,
FCPS, Internal Medicine, FCPS Endocrinology, SCC
Endocrinology Diabetes & Metabolism, UK
Executive Member, PES

MODERATOR

Dr. Urwah
PG-Y2 Department of Endocrine,
LUMHS, Jamshoro

DATE
Friday,
25th Sept, 2026

TIME
10:00 am
to 12:00 pm

VENUE
Seminar Hall,
Department of Endocrinology,
LUMHS, Jamshoro

The CME workshop is supported by an unrestricted educational grant from **Pharmvo**



Venue: West-Inn Hotel, Faisalabad

Saturday, 26th Sept, 2026

PMOS 2026
Healthy Lifestyle,
Healthy Hormones, Healthy You.

SPEAKER

Dr. Usman Musharaf

MBBS, FCPS (Med)
Consultant Endocrinologist
Allied Hospital, Faisalabad
Executive Member, PES

DATE
Saturday,
26th Sept, 2026

TIME
09:30 am
to 10:30 am

VENUE
West-Inn Hotel,
Faisalabad

The scientific session is supported by an unrestricted educational grant from **Pharmvo**



PMOS Awareness Activities 2026

Venue: JSMU Lecture Hall, Ground Floor, Karachi

Saturday, 26th Sept, 2026



PMOS 2026
Healthy Lifestyle,
Healthy Hormones, Healthy You.

GUEST OF HONOUR
Prof. Amjad Sial
FRCGS, FRCR, FRCR (Hormones)
Vice-Chancellor, JSMU, Karachi

CHIEF GUEST
Prof. Ambreen Usmani
FRCGS, FRCR, FRCR (Hormones)
Professor of Endocrinology, JSMU, Karachi

SPEAKERS

- Dr. Urooj Lal Rehman**
MBBS, FRCGS (Hormones), FRCR (Hormones), FRCR (Diabetes & Endocrinology), UK
FRCGS (UK), FRCR (UK), FRCR (UK)
Associate Professor (Endocrinology), JSMU, Karachi
Executive Member, PES
- Dr. Sagheera Anjum**
MBBS, FRCGS (Hormones), FRCR (Hormones), FRCR (Diabetes & Endocrinology), UK
Associate Professor (Endocrinology), JSMU, Karachi
Associate Professor (Endocrinology), JSMU, Karachi
- Dr. Madiha Sajid**
MBBS, FRCGS (Hormones), FRCR (Hormones), FRCR (Diabetes & Endocrinology), UK
Associate Professor (Endocrinology), JSMU, Karachi
Associate Professor (Endocrinology), JSMU, Karachi

PANEL OF EXPERTS

- Dr. Bushra Jabeen**
MBBS, FRCGS (Hormones), FRCR (Hormones), FRCR (Diabetes & Endocrinology), UK
Associate Professor (Endocrinology), JSMU, Karachi
Associate Professor (Endocrinology), JSMU, Karachi
- Dr. Aisha Shafiq**
MBBS, FRCGS (Hormones), FRCR (Hormones), FRCR (Diabetes & Endocrinology), UK
Associate Professor (Endocrinology), JSMU, Karachi
Associate Professor (Endocrinology), JSMU, Karachi
- Dr. Rabia Ghaffar**
MBBS, FRCGS (Hormones), FRCR (Hormones), FRCR (Diabetes & Endocrinology), UK
Associate Professor (Endocrinology), JSMU, Karachi
Associate Professor (Endocrinology), JSMU, Karachi
- Dr. Urooj Lal Rehman**
MBBS, FRCGS (Hormones), FRCR (Hormones), FRCR (Diabetes & Endocrinology), UK
Associate Professor (Endocrinology), JSMU, Karachi
Associate Professor (Endocrinology), JSMU, Karachi
- Dr. Fatima Zahra**
MBBS, FRCGS (Hormones), FRCR (Hormones), FRCR (Diabetes & Endocrinology), UK
Associate Professor (Endocrinology), JSMU, Karachi
Associate Professor (Endocrinology), JSMU, Karachi

MODERATOR
Dr. Zareen Sattar
MBBS, FRCGS (Hormones), FRCR (Hormones), FRCR (Diabetes & Endocrinology), UK
Associate Professor (Endocrinology), JSMU, Karachi
Associate Professor (Endocrinology), JSMU, Karachi

DATE Saturday, 26th Sept, 2026
TIME 10:00 am to 12:30 pm
VENUE JSMU Lecture Hall, Ground Floor, Karachi

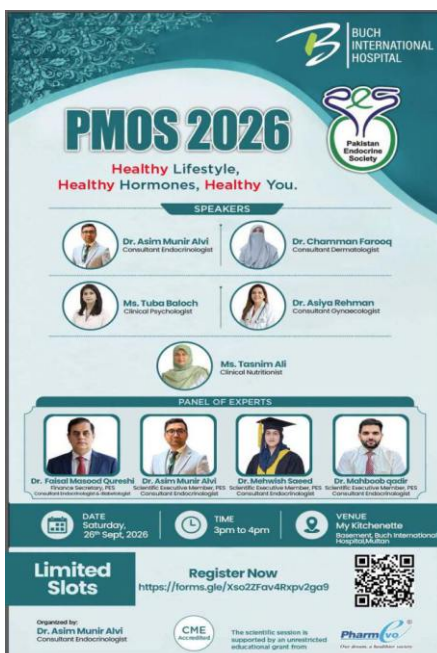
Organized by: Dr. Fatima Zahra
MBBS, FRCGS (Hormones), FRCR (Hormones), FRCR (Diabetes & Endocrinology), UK
Associate Professor (Endocrinology), JSMU, Karachi
Associate Professor (Endocrinology), JSMU, Karachi

The scientific session is supported by an unrestricted educational grant from **Pharmvo**



Venue: Buch International Hospital, Multan

Saturday, 26th Sept, 2026



PMOS 2026
Healthy Lifestyle,
Healthy Hormones, Healthy You.

SPEAKERS

- Dr. Asim Munir Ahl**
Consultant Endocrinologist
- Dr. Chahman Farooq**
Consultant Endocrinologist
- Ms. Tuba Boloch**
Clinical Psychologist
- Dr. Aaliya Rehman**
Consultant Endocrinologist
- Ms. Tasnim Ali**
Clinical Psychologist

PANEL OF EXPERTS

- Dr. Farid Mousad Qureshi**
FRCGS (Hormones), FRCR (Hormones), FRCR (Diabetes & Endocrinology), UK
Associate Professor (Endocrinology), JSMU, Karachi
Associate Professor (Endocrinology), JSMU, Karachi
- Dr. Asim Munir Ahl**
Consultant Endocrinologist
- Dr. Mehvish Saeed**
FRCGS (Hormones), FRCR (Hormones), FRCR (Diabetes & Endocrinology), UK
Associate Professor (Endocrinology), JSMU, Karachi
Associate Professor (Endocrinology), JSMU, Karachi
- Dr. Madiha Sajid**
MBBS, FRCGS (Hormones), FRCR (Hormones), FRCR (Diabetes & Endocrinology), UK
Associate Professor (Endocrinology), JSMU, Karachi
Associate Professor (Endocrinology), JSMU, Karachi

DATE Saturday, 26th Sept, 2026
TIME 3pm to 4pm
VENUE My Kitchenette, Buch International Hospital, Multan

Limited Slots
Register Now
<https://forms.gle/xso2Zfav4Rxp2ga9>

Organized by: Dr. Asim Munir Ahl
Consultant Endocrinologist

The scientific session is supported by an unrestricted educational grant from **Pharmvo**



PMOS Awareness Activities 2026

Movenpick Hotel, Karachi

Thursday, Sept 24, 2026



TWO-FOUR CLINICAL WORKSHOP

PMOS AWARENESS WORKSHOP

FACULTY PROFILES



Prof. Emerita Tasnim Ahsan

Dean, MIDEM
MRCP (UK), FRCP (UK), FCPS (PAK), FACE (USA)
Director, Department of Medicine & Endocrinology, OMI Hospital, Karachi



Prof. Sadiq Ahsan Pal

Consultant Obstetrician & Gynaecologist
MRCPG, FRCPG (UK), New Beginnings
Healthcare & Concept Fertility IVF
Center, Karachi



Dr. Wasifa Ali

Assistant Professor, Medicine
& Endocrinology
(JPMC / JSMU) / FCPS (Medicine), FCPS
(Endocrinology), MRCP-SCC UK (Diabetes
& Endocrinology), CHPE (JSMU),
AAE (USA)



Dr. Heer Dilwar

Endocrinology Fellow
MBBS, FCPS (Medicine),
Fellow (Endocrinology)
MIDEM



Dr. Fatima Nasir

Endocrine Fellow, MIDEM
MBBS, FCPS (Medicine),
Fellow (Endocrinology)
MIDEM

WORKSHOP THEME

"PMOS: From Recognition to Comprehensive Management — A Practical Approach for PMOs."

ORGANISED BY
MIDEM

IN COLLABORATION WITH
Pakistan Endocrine Society & BF BIO

VENUE
Movenpick Hotel, Karachi

MEDICELL INSTITUTE OF DIABETES & ENDOCRINOLOGY
IN COLLABORATION WITH THE PAKISTAN ENDOCRINE SOCIETY

FROM RECOGNITION TO COMPREHENSIVE MANAGEMENT

PMOS AWARENESS WORKSHOP

QUANTUM	DURATION	CHARACTER
Two hours	02:00 - 04:10 pm	Non-promotional scientific exchange

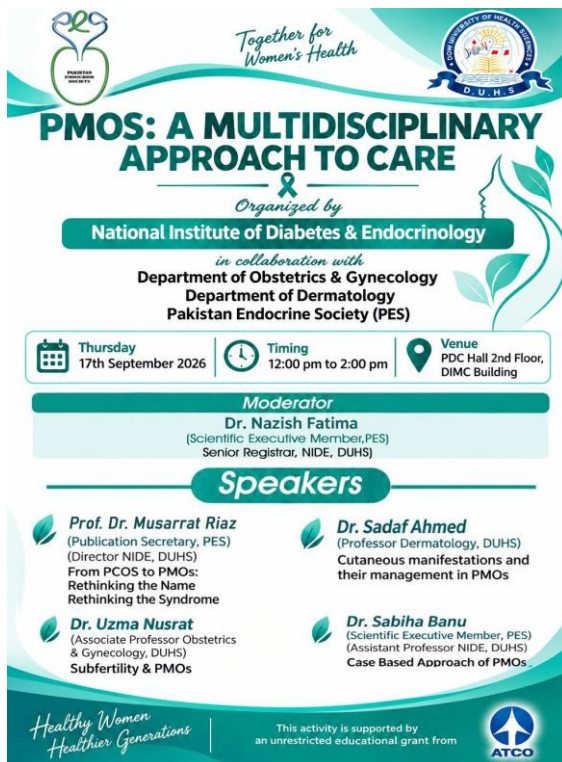
TIME	ACTIVITY	SPEAKER	PTS
02:00-02:05	Welcome & Introduction	Dr. Fatima Nasir	5
02:05-02:30	Diagnosis and Clinical Spectrum	Dr. Heer Dilwar	25
02:35-03:00	Metabolic Management: From Lifestyle to Pharmacotherapy	Dr. Wasifa Ali	25
03:05-03:30	Reproductive Health and Fertility Management	Prof. Sadiq Ahsan Pal	25
03:35-04:00	Case-Based Interactive Session: "Putting PMOS Management into Practice"	Prof. Emerita Tasnim Ahsan	25
04:00-04:10	Key Take-Home Messages, Q&A & Closing	Dr. Fatima Nasir	10



PMOS Awareness Activities 2026

PDC Hall, DIMC Building, Karachi

Thursday Sept. 17, 2026



PMOS: A MULTIDISCIPLINARY APPROACH TO CARE

Organized by
National Institute of Diabetes & Endocrinology

in collaboration with
Department of Obstetrics & Gynecology
Department of Dermatology
Pakistan Endocrine Society (PES)

Moderator
Dr. Nazish Fatima
(Scientific Executive Member, PES)
Senior Registrar, NIDE, DUHS

Speakers

- Prof. Dr. Musarrat Riaz**
(Publication Secretary, PES)
(Director NIDE, DUHS)
From PCOS to PMOS:
Rethinking the Name
Rethinking the Syndrome
- Dr. Sadaf Ahmed**
(Professor Dermatology, DUHS)
Cutaneous manifestations and
their management in PMOS
- Dr. Uzma Nusrat**
(Associate Professor Obstetrics
& Gynecology, DUHS)
Subfertility & PMOS
- Dr. Sabiha Banu**
(Scientific Executive Member, PES)
(Assistant Professor NIDE, DUHS)
Case Based Approach of PMOS

Healthy Women
Healthier Generations

This activity is supported by
an unrestricted educational grant from
ATCO



Quetta

Wednesday Sept. 30, 2026



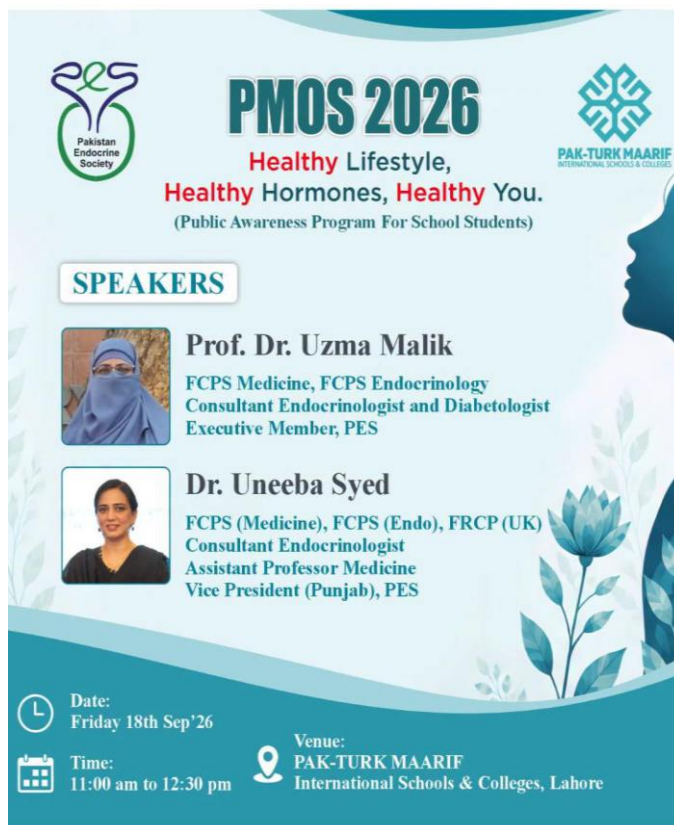
PMOS Awareness Activities 2026

A Truly Nationwide PMOS Movement

As part of the nationwide PMOS Awareness Campaign, PES extended awareness beyond healthcare settings to reach young people and adolescents, encouraging early recognition of symptoms, healthier lifestyles, and greater understanding of PMOS and its long-term hormonal and metabolic implications.

Pak-Turk Maarif International School, Lahore

Friday, Sept 18, 2026



PMOS 2026
Healthy Lifestyle,
Healthy Hormones, Healthy You.
(Public Awareness Program For School Students)

SPEAKERS

Prof. Dr. Uzma Malik
FCPS Medicine, FCPS Endocrinology
Consultant Endocrinologist and Diabetologist
Executive Member, PES

Dr. Uneeba Syed
FCPS (Medicine), FCPS (Endo), FRCP (UK)
Consultant Endocrinologist
Assistant Professor Medicine
Vice President (Punjab), PES

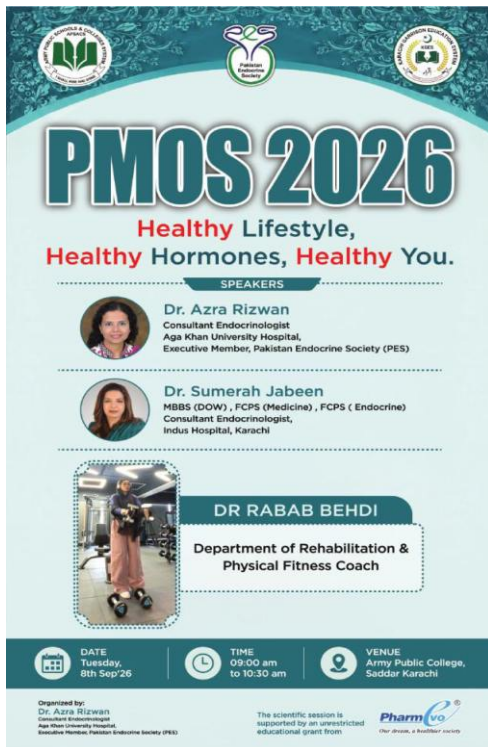
Date: Friday 18th Sep'26
Time: 11:00 am to 12:30 pm
Venue: PAK-TURK MAARIF International Schools & Colleges, Lahore



PMOS Awareness Activities 2026

Venue: Army Public College, Saddar, Karachi

Tuesday, 8th Sept, 2026



PMOS 2026
Healthy Lifestyle,
Healthy Hormones, Healthy You.

SPEAKERS

Dr. Azra Rizwan
Consultant Endocrinologist
Aga Khan University Hospital,
Executive Member, Pakistan Endocrine Society (PES)

Dr. Sumerah Jabeen
MBBS (DOW), FCPS (Medicine), FCPS (Endocrine)
Consultant Endocrinologist,
Indus Hospital, Karachi

DR RABAB BEHDI
Department of Rehabilitation &
Physical Fitness Coach

DATE
Tuesday,
8th Sep'26

TIME
09:00 am
to 10:30 am

VENUE
Army Public College,
Saddar Karachi

Organized by:
Dr. Azra Rizwan
Consultant Endocrinologist
Aga Khan University Hospital,
Executive Member, Pakistan Endocrine Society (PES)

The scientific session is
supported by an unrestricted
educational grant from

PharmCo
Your Health, A Healthier Society



Beacon House School, Islamabad

Tuesday, Sept 29, 2026

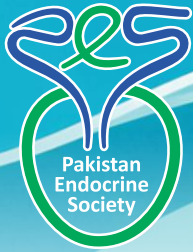


PMOS Awareness Activities 2026

Inauguration of two dedicated PMOs /PCOS clinic at FJMU and Allama Iqbal medical College

The Pakistan Endocrine Society proudly supports the establishment of specialized PMOS clinics across the country to improve access to quality care in the management of PMOS. We sincerely appreciate Fatima Jinnah Medical University (FJMU) and Allama Iqbal Medical College for taking this important initiative by inaugurating specialized PMOS clinics to better serve patients. These efforts mark a significant step toward strengthening endocrine healthcare services and improving patient outcomes across Pakistan.





Healthy Women
Stronger Society

PMOS Awareness Activities 2026

Facebook & Youtube Live Public Awareness Sessions

PES conducted a series of four Facebook and YouTube Live public awareness sessions during September, taking expert guidance directly to the public. The sessions addressed key themes including Understanding PMOS, Living Well with PMOS—Nutrition, Exercise & Mental Well-being, PMOS and Fertility, and Beyond PMOS—Protecting Your Health for Life. These interactive programmes provided accessible, expert-led information and helped broaden the conversation beyond conventional reproductive concerns.

Pakistan Endocrine Society
Public Awareness Session
عوامی آگاہی سیشن

Understanding PMOS
(Previously Known as PCOS):
More Than Just Irregular Periods
بی ایم او ایس
(کوسمجین)
(پہلے ہی ایس پی سی اے)
پر صرف یہ نامہ مادی ہوس نہیں
ہم کیوں توجہ دیتے؟
اور ہر عورت کے لیے کیا نیا سفر چاہیے؟

Why the Name has Changed –
And What Every Woman Needs to Know

LIVE ON
Facebook & Youtube

<https://web.facebook.com/share/1D2N0HBP0U/>
https://youtube.com/live/0tHb_u009w7?feature=share

GUESTS

Dr. Ali Asghar
Consultant Endocrinologist
Liaquat National Hospital, Karachi
President,
Pakistan Endocrine Society

Dr. Ibrar Ahmed
Consultant Endocrinologist & Diabetic Head,
Post Graduate Medical Institute,
Lady Reading Hospital, Peshawar
Past President, Pakistan Endocrine Society

Dr. Khadija Irfan
Head of Endocrinology,
Services Institute of Medical Sciences,
Lahore
Executive Member,
Pakistan Endocrine Society

Dr. Musarrat Riaz
Director & Consultant Endocrinologist
National Institute of Diabetes and
Endocrinology, Dow University of
Health Sciences, Karachi
Publication Secretary,
Pakistan Endocrine Society

HOST

Dr. M. Zahid Jamil
Assistant Professor of Medicine,
Jinnah Hospital, Lahore
Scientific Executive Member,
Pakistan Endocrine Society

Sunday
8th September, 2026
5pm - 6pm

Pakistan Endocrine Society
Part - II
Public Awareness Session
عوامی آگاہی سیشن

PMOS and Fertility
بی ایم او ایس
اور تولیدی صحت
Separating facts from Myths
حقائق اور غلط فہمیوں میں فرق

Objective: Reduce anxiety
surrounding fertility and pregnancy
غور و خیز: کم از کم
تولیدیت اور حمل کے بارے میں
سہولت دینا اور غلط فہمیوں کو دور کرنا

LIVE ON
Facebook & Youtube

<https://www.facebook.com/share/182112wV07/>
<https://youtube.be/3W9F3c7-5ys>

GUESTS

Prof. Khurshid A. Khan
Consultant Endocrinologist
Head of Dept. of Medicine and Allied at
Fatima Memorial Medical
and Dental College, Lahore
Past President, Pakistan Endocrine Society

Dr. Umar Yousaf Raja
Consultant Endocrinologist and
Head of Endocrine Department
Shifa International Hospitals Ltd. Islamabad
President Elect,
Pakistan Endocrine Society

Prof. Rubina Sohail
Professor & Consultant
Gynaecologist
Hamid Laili Hospital,
Lahore

Dr. Iram Zehra Bokharey
Consultant Clinical Psychologist
The Fairway Clinic and Niaz Hospital,
Lahore

HOST

Dr. Hira Irfan
Consultant Endocrinologist,
PKU Lahore, National Hospital, Lahore
Dawar Hussain Foundation Trust, Lahore
Scientific Executive Member,
Pakistan Endocrine Society

Saturday
12th September, 2026
5pm - 6pm

Pakistan Endocrine Society
Part - III
Public Awareness Session
عوامی آگاہی سیشن

Living Well with PMOS:
Nutrition, Exercise & Mental Well-being
بی ایم او ایس کے ساتھ صحت مند زندگی
غذا، ورزش اور ذہنی صحت

LIVE ON
Facebook & Youtube

<https://web.facebook.com/share/1JE6x7rf6W/>
<https://youtube.be/15u8d0e890>

GUESTS

Prof. Emerita Tasnim Ahsan
Professor Emerita
Jinnah Postgraduate Medical Centre
(JPMC), Karachi
Executive Member,
Pakistan Endocrine Society

Prof. Uzma Malik
Consultant Endocrinologist and
Diabetologist
Mayo Hospital, Lahore
Executive Member,
Pakistan Endocrine Society

HOST

Ms. Ayesha Khan
MSc Food and Nutrition
PGD in Advance Nutrition & Dietetics
Clinical Nutritionist
Doctors Hospital &
Haliyon Medical Centre, Lahore

Dr. Mehwish Saeed
Assistant Professor &
Consultant Endocrinologist,
Tertiary care Hospital, Nishtar II, Multan
Scientific Executive Member,
Pakistan Endocrine Society

Saturday
19th September, 2026
5pm - 6pm

Pakistan Endocrine Society
Part - IV
Public Awareness Session
عوامی آگاہی سیشن

Beyond PMOS:
بی ایم او ایس
کے بعد:
Protecting Your Health for Life
ذہنی اور جسمانی صحت کا پائیدار رشتہ

OBJECTIVE:
Highlight the lifelong impact
of PMOS and preventive care
مقصد:
بی ایم او ایس کے زندگی بھر کے
اثر اور پیشگیری کے بارے میں
آگاہی دینا اور صحت مند رہنے کے
اثر کو اجاگر کرنا

LIVE ON
Facebook & Youtube

<https://www.facebook.com/share/1D4WCy5eX0/>
https://youtube.be/_0Mqg3vBP10

GUESTS

Dr. S. Abbas Raza
Global - Laureate Awardee by the Endocrine Society
Tamgha-e-Imroz:
Past President - ISE (International Society of Endocrinology)
CEO / MED Consultant - Medicine - Endocrine - Diabetes
Past President and Founder Vice President
South Asian Federation of Endocrine Societies - SAFES
Past President & Lifetime Achievement Award: Pakistan Endocrine Society

Dr. Aisha Sheikh
Consultant Endocrinologist,
The Aga Khan University, Karachi
Recognized Tutor,
University of South Wales, UK
Immediate Past President,
Pakistan Endocrine Society

Prof. Nadia Ali Azfar
Head Department of Dermatology,
Unit 2
Allama Iqbal Medical College/
Jinnah Hospital Lahore

Prof. Fawad Ahmad Randhawa
Professor of Endocrinology
Allama Iqbal Medical College/
Jinnah Hospital Lahore
Executive Member,
Pakistan Endocrine Society

HOST

Dr. Nizamud Din
Assistant Professor Endocrinology
Northwest School of Medicine
Hayatabad, Peshawar
Scientific Executive Member,
Pakistan Endocrine Society

Saturday
26th September, 2026
5pm - 6pm

PMOS Awareness Activities 2026

PMOS Experts Social Media Awareness Messages

Pakistan Endocrine Society **SEPTEMBER 2026 PMOS AWARENESS MONTH**

EXPERT MESSAGE

Dr Aisha Sheikh
Consultant Endocrinologist,
The Aga Khan University, Karachi
Immediate Past President,
Pakistan Endocrine Society

Polyendocrine Metabolic Ovarian Syndrome (PMOS) is more than a reproductive health condition—it can affect a woman's health throughout her life. Early diagnosis, healthy lifestyle choices and individualized care at every stage of life can make a meaningful difference. Regular screening, maintaining a positive and proactive approach, and ongoing follow-up with an experienced clinician are important for identifying risks early and addressing them appropriately. With the right information, support and care, women with PMOS can take charge of their health and reduce the risk of long-term complications.

پولی اینڈروکراین متابولک اوواریئن سائنڈروم (PMOS) زیادہ تر ایک تولیدی صحت کی حالت ہے لیکن یہ سب سے زیادہ کمزور اور کم جاننے والی صحت کی حالت ہے۔ اس کی تشخیص، صحت مند زندگی کے انتخاب اور ہر مرحلے پر انفرادی طور پر ڈیزائن کردہ دیکھ بھال ہر مرحلے پر ایک معنی دار فرق کر سکتا ہے۔ منظم اسکریننگ، مثبت اور پیشہ رویہ رویہ، اور تجربہ کار طبی پیشہ ورانہ کی مسلسل پیروی سے پہلے سے خطرات کی پہچان اور ان کا پتہ لگانا ممکن ہے۔ مناسب معلومات، معاونت اور دیکھ بھال کے ساتھ، خواتین PMOS کے ساتھ زندگی گزار سکتی ہیں اور ان کی صحت کو دیکھ بھال کر کے طویل مدتی پیچیدگیوں کے خطرے کو کم کر سکتی ہیں۔

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Pakistan Endocrine Society **SEPTEMBER 2026 PMOS AWARENESS MONTH**

EXPERT MESSAGE

Prof. Dr. Saeed A. Mahar
MBBS, FCPS, PACF, PACG, FRCP (S)
Consultant in Diabetes & Endocrinology
NCOB & Aga Khan University Hospital, Pakistan
Past President, American Association of Clinical Endocrinologists
Pakistan Chapter
Past President, Pakistan Endocrine Society
Director Academic, APJCE Academy Pakistan

The historical name Polycystic Ovarian Syndrome (PCOS) was a medical misnomer that caused widespread confusion, delayed diagnosis, and limited medical care. The old name restricted clinical focus strictly on the ovaries and fertility.

The new name Polyendocrine Metabolic Ovarian Syndrome (PMOS), acknowledges that it is a systemic, lifelong hormonal and metabolic disorder.

The common complaints of patient are, irregular, heavy, or completely missed periods, unexplained weight gain or difficulty managing weight, severe acne or excess facial or body hair (hirsutism) or thinning hair on the scalp. Persistent fatigue or low energy, mood fluctuations, anxiety or Depression.

If you have any of above symptoms consult your doctor early to get proper diagnosis and treatment.

Treatment can reduce symptoms, improve mood and quality of life and also limit long-term complications.

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Pakistan Endocrine Society **SEPTEMBER 2026 PMOS AWARENESS MONTH**

EXPERT MESSAGE

Dr. S. Abbas Raza
Global Laureate Award by Endocrine Society
Tanglin Institute
Past President - ISI (Pakistan Society of Endocrinology)
CEO - MED Consultant - Medicine - Endocrine - Diabetology
Past President - Pakistan Endocrine Society
South Asian Federation of Endocrine Societies - SAGES
Lifetime Achievement Award: Pakistan Endocrine Society

As part of the international team advancing evidence-based care, I have privilege of representing PES (Pakistan Endocrine Society) and SAGES (South Asian Federation of Endocrine Societies) and am proud to contribute to the global PMOS guidelines. The 2023 International Evidence-based Guideline (and the upcoming 2028 update) provides clear recommendations on diagnosis, metabolic screening, fertility, and lifelong management of Polyendocrine Metabolic Ovarian Syndrome (formerly PCOS). Accurate naming and standardized care help reduce the 70% under-diagnosis rate. This PMOS Awareness Month, PES reaffirms its commitment to bringing world-class, locally relevant guidance to Pakistani clinicians and patients. Together we improve care.

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Pakistan Endocrine Society **SEPTEMBER 2026 PMOS AWARENESS MONTH**

EXPERT MESSAGE

Prof Dr Abdul Basit
Director India Diabetes & Endocrine Center
Indira Hospital & Health Network, Karachi
Life Time Achiever, Pakistan Endocrine Society

Dr Sumerah Jabeen
Consultant Endocrinologist
Pahel Hospital, Karachi
Executive Member, Pakistan Endocrine Society

For decades, PCOS symptoms have remained a taboo for women — from adolescence through every life stage, each bringing its own struggles. Without awareness of the challenges or treatment options available, the condition was silenced, leaving many women hesitant to seek help, and healthcare providers underprepared to address it.

Times have changed. Today, growing public awareness and robust evidence-based guidelines empower HCPs to offer a truly holistic approach to women who need it most.

Commendable efforts by the Pakistan Endocrine Society in dedicating this month to PCOS awareness — because women's health remains one of the strongest foundations of any evolving society.

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Pakistan Endocrine Society **SEPTEMBER 2026 PMOS AWARENESS MONTH**

EXPERT MESSAGE

Professor M. Zaman Shaikh
MBBS, FCPS, MRCP (UK), FRCP, MRCP (Diabetes & Endocrinology) Glasgow University
Sir Syed College of Medical Sciences, Karachi

Polyendocrine Metabolic Ovarian Syndrome (PMOS), formerly known as Polycystic Ovary Syndrome (PCOS) is a common hormonal condition affecting many women during their fertile period. In Pakistan, awareness about PMOS is lacking. This is mainly because symptoms are generally non-specific, and every person may experience it differently.

Some symptoms including irregular periods, acne, unwanted excessive facial hair (hirsutism), weight gain, and infertility becoming pregnant (infertility), are often misunderstood. Early medical evaluation, a balanced diet, regular physical activity, weight reduction, and appropriate treatment can help manage symptoms and reduce long term health risks. Families should provide support rather than stigma. Consultation with a qualified healthcare professional for proper assessment and management is important. This is because treatment depends on the nature of the patient's requirements. In young unmarried women with significant hirsutism and acne, the management is quite different from that of other patients who are married with irregular periods and infertility.

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Pakistan Endocrine Society **SEPTEMBER 2026 PMOS AWARENESS MONTH**

EXPERT MESSAGE

Dr. Urooj Lal Rehman
Associate Professor & Head of Endocrinology
Jinnah Post Graduate Medical Center/
Jinnah Sindh Medical University, Karachi
Executive Member, Pakistan Endocrine Society

Poly Endocrine Metabolic Ovary Syndrome (PMOS) is far more than an issue of irregular periods or infertility. It is a common, lifelong endocrine and metabolic disorder that can affect a woman's physical and emotional well-being at every stage of life.

This PMOS Awareness Month, let us break the myths and stigma surrounding PCOS/PMOS, promote early recognition and comprehensive care, and empower women to seek help without hesitation.

Awareness leads to early intervention, and early intervention can change the course of a woman's health.

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Pakistan Endocrine Society **SEPTEMBER 2026 PMOS AWARENESS MONTH**

EXPERT MESSAGE

Dr. M. Saleem Khan
Head of Department Endocrinology & Diabetes
LUMHS, Jamshoro
Executive Member, Pakistan Endocrine Society

PMOS is more than an ovarian condition it is a lifelong endocrine and metabolic health concern. The change from PCOS to Polyendocrine Metabolic Ovarian Syndrome (PMOS) reflects our evolving understanding that this condition extends beyond the ovaries, affecting hormones, metabolism, reproductive health and overall wellbeing.

This PMOS Awareness Month, our message is simple: recognize the symptoms early, seek appropriate medical advice, and focus not only on fertility or menstrual cycles, but on long-term metabolic health. With greater awareness, timely diagnosis and evidence-based care, women with PMOS can lead healthier lives.

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Pakistan Endocrine Society **SEPTEMBER 2026 PMOS AWARENESS MONTH**

EXPERT MESSAGE

Dr Hafiza Ammarah Sadiq
Consultant Endocrinologist
Gulab Devi Teaching Hospital/IAMC
Lahore
Executive Member, Pakistan Endocrine Society

Lifestyle modification is a cornerstone of PMOS management and can make a meaningful long-term difference. A balanced, nutrient-rich diet, regular physical activity, adequate sleep, and stress management can help improve insulin sensitivity, metabolic health, and overall well-being. Even modest, sustainable changes are valuable and should be tailored to each individual rather than relying on restrictive diets or quick fixes. PMOS is a long-term journey—small healthy choices, made consistently, can lead to significant improvements in health and quality of life.

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Pakistan Endocrine Society **SEPTEMBER 2026 PMOS AWARENESS MONTH**

EXPERT MESSAGE

Dr. Fatima Zahra
MBBS, MCPS, FCPS, FRCP, CHPE, CMEJ
Associate Professor
Jinnah Sindh Medical University/IAMC, Karachi
Executive Member, Pakistan Endocrine Society

As a physician I see many girls told "bas shadi k baad the hojiga"

PCOS/PMOS polyendocrine metabolic ovarian syndrome is a hormonal and metabolic condition, it's not personal fault. It's not about looks. It's not about cysts only.

It's about weight, sugars, heart, fertility and mental health.

Watch for:

- Delayed periods 2-3 months
- Hair growth on chin/face/Acne
- Weight gain despite diet control
- Family history of Diabetes
- Let's break the stigma

Please don't suffer in silence. Seek medical advice. We can manage this together.

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PMOS Awareness Activities 2026

Television Outreach: PMOS on National and Regional Media

PES experts took PMOS awareness to mainstream television through appearances on leading regional channels. Awareness programmes included City42 in Lahore on 10 September, Khyber News on 18 September, and Dawn News on 25 September 2026. These appearances helped bring the PMOS message into homes across different regions and provided an opportunity to address public misconceptions through expert discussion.

MORNING SHOW AT DAWN NEWS – HOST: RIJA SALEEM

Friday, Sept 25, 2026



Discovering DIABETES
CATCH

PROF. DR SAEED MAHAR
Consultant Endocrinologist & Diabetologist
NICVD & Aga Khan University Hospital Karachi
Past President of Pakistan Endocrine Society
Past President of American Association of
Clinical Endocrinologist Pakistan

On Chai, Toast Aur Host tomorrow
morning from 9:05AM to 11:00AM
only on Dawn News TV.

Chai Toast
HOST

DAWN
نیوز

Pharmvo
Our dream, a healthier society

FRIDAY, SEPTEMBER 25, 2026



PMOS Awareness Activities 2026

MORNING SHOW CITY42 NEWS – HOST : ANA YOUSAF

Friday, Sept 10, 2026



MORNING SHOW AT KHYBER NEWS - HOST : MENA SHAMS

Friday, Sept 18, 2026



PMOS Awareness Activities 2026

PMOS Awareness Videos - Taking the Message Further

A series of PMOS Awareness Videos featuring experts from different parts of Pakistan was developed and disseminated through digital platforms. The videos delivered concise messages around PMOS recognition, women's health, metabolic risk and the importance of a broader understanding of the syndrome.

This format allowed the campaign to reach audiences beyond traditional medical and academic settings.



PMOS Awareness Activities 2026

PMOS PODCASTS

The campaign also entered the podcast space through PMOS podcasts from Karachi and Lahore. These expert-led conversations provided a more informal and accessible platform for discussing PMOS, its changing terminology and its reproductive, metabolic and endocrine dimensions. The podcasts complemented the shorter social-media content by allowing deeper conversations around women's hormonal health.

PMOS PODCAST - KHI



PMOS PODCAST - LHE



PMOS Awareness Activities 2026

Collaterals

Healthy Women, Stronger Society

A SILENT EPIDEMIC

PMOS/PCOS

PMOS AWARENESS MONTH 2026

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Healthy Women, Stronger Society

PMOS

THE SILENT RISK BEYOND REPRODUCTIVE HEALTH

Women with PCOS may be at higher risk for type 2 Diabetes, High Blood Pressure, Heart Problems, & Endometrial Cancer.

PMOS AWARENESS MONTH 2026

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Healthy Women, Stronger Society

Recognize the Symptoms

Over 30% of women with PMOS are unaware that they have these conditions.

WEIGHT GAIN

ACNE OR OILY SKIN

EXCESS BODY HAIR

MALE-PATTERN BALDNESS OR THINNING HAIR

MISSED PERIODS

DARK OR THICK SKIN PATCHES

PMOS AWARENESS MONTH 2026

Pharmvo

Healthy Women, Stronger Society

Treat it with care

Lifestyle modification plays a vital role in PMOS management. Get regular exercise and consume healthy diet for better care.

PMOS AWARENESS MONTH 2026

Healthy Women, Stronger Society

Pharmvo

بولی اینڈوکرائن میٹابولک سینڈروم
PMOS کیا ہے؟

یہ ایک ایسی حالت ہے جس میں ہارمونز کی سطحیں غیر معمولی طور پر کم یا زیادہ ہوتی ہیں۔ اس کی علامتیں مختلف ہوتی ہیں۔

بولی اینڈوکرائن میٹابولک سینڈروم
PMOS کیا ہے؟

یہ ایک ایسی حالت ہے جس میں ہارمونز کی سطحیں غیر معمولی طور پر کم یا زیادہ ہوتی ہیں۔ اس کی علامتیں مختلف ہوتی ہیں۔

PMOS کی علامات کیا ہیں؟

• کثرتِ قاعدہ یا کم قاعدہ
• بے انتظام قاعدہ
• زیادہ وزن یا بے انتظام وزن
• بے انتظام قاعدہ
• بے انتظام قاعدہ
• بے انتظام قاعدہ

PMOS کی تشخیص کیسے کی جاتی ہے؟

• ہارمونز کی سطحیں جانچ کر
• ہارمونز کی سطحیں جانچ کر
• ہارمونز کی سطحیں جانچ کر

ہی ایم او ایس کی علامتیں
• بے انتظام قاعدہ
• بے انتظام قاعدہ
• بے انتظام قاعدہ

PMOS کی تشخیص کیسے کی جاتی ہے؟

• ہارمونز کی سطحیں جانچ کر
• ہارمونز کی سطحیں جانچ کر
• ہارمونز کی سطحیں جانچ کر

بولی اینڈوکرائن میٹابولک سینڈروم
PMOS کیا ہے؟

یہ ایک ایسی حالت ہے جس میں ہارمونز کی سطحیں غیر معمولی طور پر کم یا زیادہ ہوتی ہیں۔ اس کی علامتیں مختلف ہوتی ہیں۔

بولی اینڈوکرائن میٹابولک سینڈروم
PMOS کیا ہے؟

یہ ایک ایسی حالت ہے جس میں ہارمونز کی سطحیں غیر معمولی طور پر کم یا زیادہ ہوتی ہیں۔ اس کی علامتیں مختلف ہوتی ہیں۔

What is PMOS?

Polyendocrine Metabolic Syndrome (PMOS) is a hormonal and metabolic condition in adolescent girls. It happens when the ovaries produce higher-than-normal levels of certain hormones along with problems in metabolism, which can affect periods, skin, hair, weight, energy, and mood.

Who are adolescent girls at Risk of Developing PMOS?

You may be at higher risk of PMOS if you:

- Have a family history of PMOS, diabetes or obesity
- Are overweight or gain weight easily
- Have irregular periods soon after menarche
- Have insulin resistance or prediabetes

What are the symptoms of PMOS?

You may be experiencing PMOS if you notice:

- Irregular periods (missed or rare periods)
- Acne or oily skin
- Excess hair growth on face, chest, or body
- Difficulty controlling weight or gaining weight easily
- Tiredness, low energy or mood swings
- Stress, anxiety or low mood
- Hair thinning or hair fall
- Strong cravings for sugary or junk food

How is PMOS diagnosed?

Your doctor will listen to your symptoms, check your medical and family history, and may do:

- Physical examination (height, weight, BMI, skin, hair)
- Blood tests (hormones, sugar, cholesterol)
- Ultrasound (if needed)

Can PMOS be managed?

Yes, PMOS can be managed very effectively. With the right care, healthy lifestyle choices, and support, symptoms can improve and you can live a healthy, active and confident life.

Should I see a doctor?

Yes, if you have irregular periods, severe acne, unwanted hair growth, weight gain, or feel worried about your health. Early help makes a big difference.

Living with PMOS (Treatment Options)

PMOS can be managed with a healthy lifestyle and medical care when needed.

- Eat a balanced diet: more fruits, vegetables, whole grains and protein.
- Stay active: at least 60 minutes of exercise every day.
- Maintain a healthy weight.
- Manage stress: try yoga, meditation, journaling or talking to someone you trust.
- Get enough sleep: 8-9 hours every night.

Can PMOS be managed?

Yes, PMOS can be managed very effectively. With the right care, healthy lifestyle choices, and support, symptoms can improve and you can live a healthy, active and confident life.

Should I see a doctor?

Yes, if you have irregular periods, severe acne, unwanted hair growth, weight gain, or feel worried about your health. Early help makes a big difference.

Polyendocrine Metabolic Ovarian Syndrome (PMOS)

Awareness for Adolescents

MOVE YOUR BODY

• 60 minutes of exercise
• Healthy diet
• Healthy weight
• Healthy skin

EAT WELL, FEEL WELL

• Fruits & vegetables
• Whole grains
• Healthy proteins
• Healthy fats

Healthy Lifestyle. Healthy Hormones. Healthy You.

PMOS AWARENESS MONTH

PMOS Awareness Activities 2026

Monash University & MCHRI Initiative Official Urdu Version of PMOS Awareness

The International Society of Endocrinology (ISE) and the Pakistan Endocrine Society (PES) are pleased to announce the release of the official Urdu version of the PMOS Awareness Resource, originally developed by Monash University and the Monash Centre for Health Research and Implementation (MCHRI).

This important resource aims to improve awareness and understanding of PMOS (Previously Known as PCOS) by providing accessible, evidence-based information in Urdu. It highlights the evolving terminology from PCOS to PMOS and provides key insights into diagnosis and understanding of the condition.

By making these healthcare resources available in Urdu, the initiative supports greater public awareness and helps ensure that accurate, meaningful health information is accessible to a wider audience.

To access these resources, kindly visit Pakistan Endocrine Society's social media pages.



The image displays five brochures for PMOS Awareness in Urdu. Each brochure features the logos of the Pakistan Endocrine Society (PES), International Society of Endocrinology (ISE), Monash University, and MCHRI. The brochures are titled as follows:

- Brochure 1:** (PMOS) نیام کیسے منتخب ہوا؟ (How is PMOS selected?)
- Brochure 2:** (PMOS) کو جاننے کے لیے 10 اہم باتیں (10 important things to know about PMOS)
- Brochure 3:** نئے نام کی ضرورت کیوں ہے؟ (Why is a new name needed?)
- Brochure 4:** پی ایم او ایس (PCOS) کا ایک نیام ہے اور اب اسے (PMOS) کے نام سے جانا جاتا ہے (PCOS has a new name and is now called PMOS)
- Brochure 5:** پی ایم او ایس (PCOS) کا ایک نیام ہے اور اب اسے (PMOS) کے نام سے جانا جاتا ہے (PCOS has a new name and is now called PMOS)

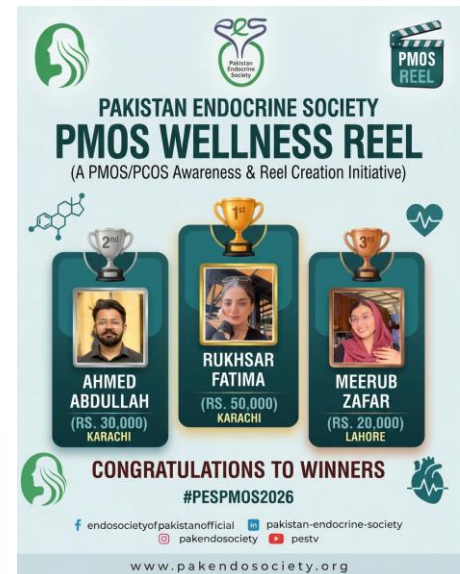
Each brochure includes an illustration of a doctor and a patient, and a button that says "Click to Download the Brochure". The brochures are available in Urdu and English versions.

PMOS Awareness Activities 2026

PMOS Wellness Awareness Reels Competition

The Pakistan Endocrine Society's PMOS Wellness Awareness Reels Competition received an incredibly enthusiastic response from undergraduate medical students all over Pakistan, with students coming forward to use their creativity and voices to spread awareness about PMOS/PCOS and women's hormonal health.

This initiative is all about engaging the younger generation, encouraging meaningful conversations, breaking myths, and making health awareness more relatable and accessible through social media. A big shout out to all the enthusiastic participants who made this initiative a success!!



PAKISTAN ENDOCRINE SOCIETY
PMOS WELLNESS REEL
(A PMOS/PCOS Awareness & Reel Creation Initiative)

2nd Prize
AHMED ABDULLAH
(RS. 30,000) KARACHI

1st Prize
RUKHSAR FATIMA
(RS. 50,000) KARACHI

3rd Prize
MEERUB ZAFAR
(RS. 20,000) LAHORE

CONGRATULATIONS TO WINNERS
#PESPMOS2026

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p pakendosociety y pestv

www.pakendosociety.org



PMOS AWARENESS REEL

Competition

PESPMOS2026

CREATE . INSPIRE . EMPOWER.

Let's raise awareness about PMOS
and empower lives through creativity!

WHO CAN PARTICIPATE?

- MBBS Students
- Nutrition Students
- Psychology Students
- Nursing Students

Undergraduate Students

TIMELINE

REGISTRATION
OPEN
03-08-2026

LAST DATE OF
SUBMISSION
01-09-2026

RESULT
ANNOUNCEMENT
24-09-2026

Let your creativity drive change.
BE A VOICE. MAKE AN IMPACT.

REQUIREMENTS

- Open to undergraduate students of MBBS, Nutrition, Psychology & Nursing.
- It must be original, creative and focused on PMOS/PCOS awareness.
- Language: English, Urdu or regional (with subtitles).
- Duration: 30 to 90 seconds
- Content must be responsible, evidence-based and suitable for general public
- No use of copyrighted music or material.
- Team size: 1-4 members

SOPS FOR SUBMISSION PROCESS

- Register using the official Google Form (Scan QR Code).
- Upload your reel on Instagram as a Reel (Public Account).
- Use the hashtag # PESPMOS2026 and tag @PakEndoSociety
- Submit your reel details through the submission form.
- Keep your account public until results are announced.

JUDGING CRITERIA (100 MARKS)

Relevance to PMOS/PCOS awareness	25
Accuracy of information	25
Creativity & originality	20
Message clarity & impact	20
Overall presentation (visual & audio)	10

PRIZES

- 1st Prize PKR 50,000
- 2nd Prize PKR 30,000
- 3rd Prize PKR 20,000

E-CERTIFICATES WILL BE AWARDED
TO ALL PARTICIPANTS



IMPORTANT NOTES

- PES reserves the right to disqualify entries that do not comply with the guidelines.
- By participating, you grant PES the right to use your reel for awareness purposes.
- Decision of the judges will be final.

FOR QUERIES

- Email: admin@pakendosociety.org
- WhatsApp: +92 300 4856744
- Website: www.pakendosociety.org

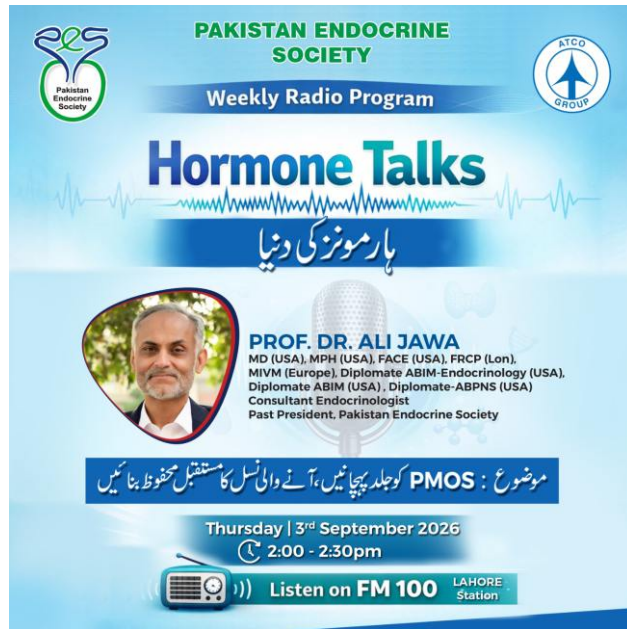


SCAN TO REGISTER

PMOS Awareness Activities 2026

Raising Public Awareness About PMOS Through FM 100 Radio Programmes

FM 100 radio programmes were also conducted to raise public awareness about PMOS. These programmes served as an effective platform to disseminate important information, educate the general public, and promote a better understanding of PMOS. Through radio discussions and awareness messages, efforts were made to reach a wider audience and encourage greater public engagement with the initiative.



PAKISTAN ENDOCRINE SOCIETY
Weekly Radio Program

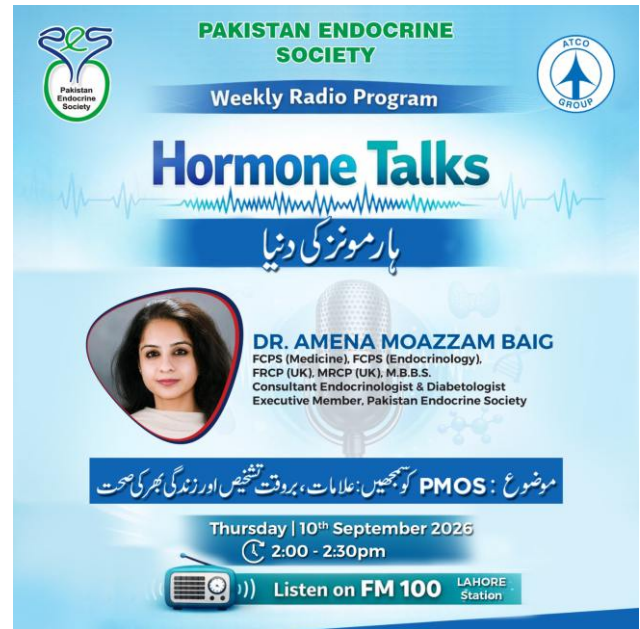
Hormone Talks
ہارمونز کی دنیا

PROF. DR. ALI JAWA
MD (USA), MPH (USA), FACE (USA), FRCP (Lon),
MVM (Europe), Diplomate ABIM-Endocrinology (USA),
Diplomate ABIM (USA), Diplomate-ABPNS (USA)
Consultant Endocrinologist
Past President, Pakistan Endocrine Society

موضوع: PMOS کو جلد پہچانیں، آنے والی نسل کا مستقبل محفوظ بنائیں

Thursday | 3rd September 2026
2:00 - 2:30pm

Listen on FM 100 LAHORE Station



PAKISTAN ENDOCRINE SOCIETY
Weekly Radio Program

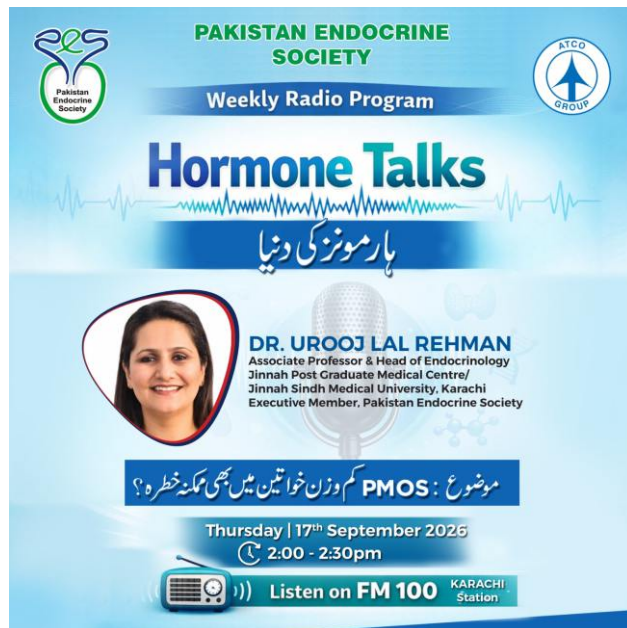
Hormone Talks
ہارمونز کی دنیا

DR. AMENA MOAZZAM BAIG
FCPS (Medicine), FCPS (Endocrinology),
FRCP (UK), MRCP (UK), M.B.B.S.,
Consultant Endocrinologist & Diabetologist
Executive Member, Pakistan Endocrine Society

موضوع: PMOS کو سمجھیں: علامات، بروقت تشخیص اور زندگی بھر کی صحت

Thursday | 10th September 2026
2:00 - 2:30pm

Listen on FM 100 LAHORE Station



PAKISTAN ENDOCRINE SOCIETY
Weekly Radio Program

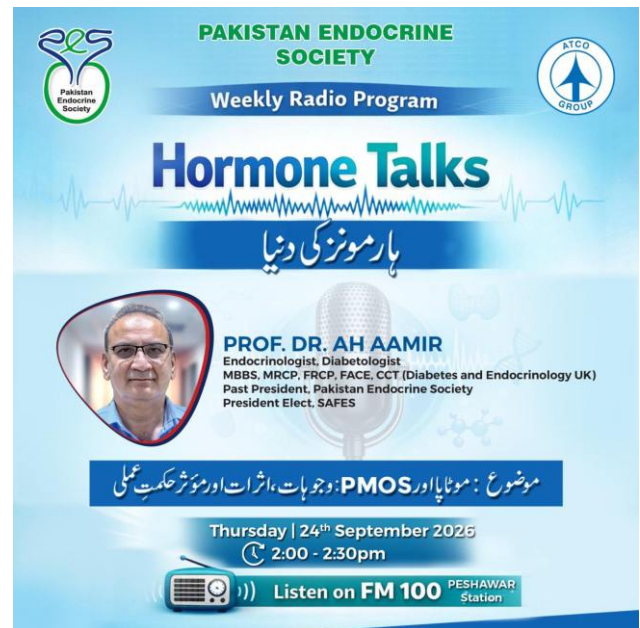
Hormone Talks
ہارمونز کی دنیا

DR. UROOJ LAL REHMAN
Associate Professor & Head of Endocrinology
Jinnah Post Graduate Medical Centre/
Jinnah Sindh Medical University, Karachi
Executive Member, Pakistan Endocrine Society

موضوع: PMOS کم وزن خواتین میں بھی ممکنہ خطرہ؟

Thursday | 17th September 2026
2:00 - 2:30pm

Listen on FM 100 KARACHI Station



PAKISTAN ENDOCRINE SOCIETY
Weekly Radio Program

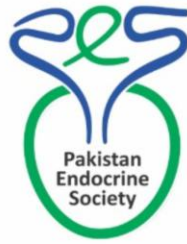
Hormone Talks
ہارمونز کی دنیا

PROF. DR. AH AAMIR
Endocrinologist, Diabetologist
MBBS, MRCP, FRCP, FACE, CCT (Diabetes and Endocrinology UK)
Past President, Pakistan Endocrine Society
President Elect, SAFES

موضوع: موٹاپا اور PMOS: وجوہات، اثرات اور موثر حکمت عملی

Thursday | 24th September 2026
2:00 - 2:30pm

Listen on FM 100 PESHAWAR Station



Stay Connected *with the* Pakistan Endocrine Society

Scan the QR codes to access all
PES Clinical Guidelines,
Journal of Pakistan Endocrine
Society (JPES), PES
Publications, PES Newsletters
and Endocrine Monthly
Roundups.

PES Clinical
Guidelines



Journal of
Pakistan
Endocrine Society



Society
Publications



PES
Newsletter



Endocrine
Monthly Roundup



endosocietyofpakistanofficial



pakistan-endocrine-society



pakendosociety



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