



FREE GUIDE

HORMONE SUPPORT

PCOS and Fertility

A gentle guide to understanding PCOS (now called PMOS) and how nourishment can support you

CREATED FOR

Women with PMOS who are hoping to conceive

CREATED BY

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What is PMOS?

PMOS affects around 1 in 8 women in Australia. It's a long-term hormonal and metabolic condition, which means it can affect your cycle, your skin and hair, your blood sugar, your mood and your fertility.

A NEW NAME

In 2026, PCOS was officially renamed PMOS: polyendocrine metabolic ovarian syndrome. Despite the old name, it isn't about cysts. The "cysts" seen on ultrasound are actually small, immature follicles. The new name better reflects the whole-body hormone and metabolic picture. You'll likely hear both names for a while.

How it's diagnosed

Adults are diagnosed when they have two of these three, once other causes are ruled out:

- Irregular or absent periods (irregular ovulation)
- Higher androgens ("male-type" hormones), seen in blood tests or signs like acne and excess hair growth
- Polycystic ovaries on ultrasound, or a high AMH blood test



How PMOS can affect fertility

And why there's real reason for hope

Ovulation

With PMOS, ovulation can be irregular or absent. Fewer ovulations means fewer chances to conceive each year, which is why it can take longer.

Insulin resistance

Very common in PMOS, at any body size. Higher insulin can nudge the ovaries to make more androgens, which can disrupt ovulation.

Pregnancy

PMOS raises the risk of gestational diabetes and high blood pressure in pregnancy, so it's worth supporting your blood sugar before you conceive.

Mood and wellbeing

Anxiety and depression are more common with PMOS. Looking after your emotional health is part of your fertility care, not separate from it.

The good news: many women with PMOS go on to conceive, some naturally and some with medical support. Your doctor may talk about ovulation-induction medicines if you need them.



On your plate

There's no one "PMOS diet", and that's good news

Research hasn't found one diet that works better than another for PMOS. What matters most is a nourishing pattern you can actually keep up. These foundations help keep blood sugar steady:

1. Eat regularly

Aim for regular meals rather than skipping and grazing. Long gaps often lead to energy crashes and cravings.

2. Pair your carbs

Add protein and healthy fat to carbs. Try: toast with eggs, fruit with yoghurt, rice with fish.

3. Choose slower carbs

Wholegrains, oats, legumes and grainy bread release energy more gently than white or refined options.

4. Load up on fibre

Vegetables, legumes, nuts and seeds support blood sugar and gut health, and keep you fuller for longer.

5. Include healthy fats

Extra virgin olive oil, avocado, nuts, seeds and oily fish like salmon or sardines support hormones and help calm inflammation.

You don't need to cut out whole food groups. No food is "bad", and restriction often backfires.



Beyond the plate

Move in ways you enjoy

Aim for 150 to 300 minutes of moderate movement a week, plus some strength work on two days. Every bit counts, and muscle helps your body use insulin well.

Sleep

Poor sleep makes blood sugar harder to manage. A regular bedtime and 7 to 9 hours helps. Mention snoring or daytime tiredness to your GP.

Stress and mood

Slow breathing, time outdoors, journalling or talking to someone you trust all help. If your mood is low, please reach out to your GP.

Kindness to your body

Your health is more than a number on the scale. Changes in habits can improve PCOS symptoms even before any change in weight.

A gentle note on food and body image

Disordered eating is more common with PMOS, at any size. If food or your body feels hard to think about, you deserve support. The Butterfly Foundation helpline is 1800 33 4673.

Progress over perfection, always.

Personalised support

Questions to ask your GP

- Should I have my blood sugar checked, for example with a glucose tolerance test?
- Are my cycles regular enough that I'm likely ovulating?
- What are my options if I'm not ovulating?
- Can we check in on my mood and wellbeing too?

PMOS looks different for everyone, so general advice only goes so far. I can help you build an eating pattern that suits your body, your cycle and your life, without restriction or guilt.

About Kylie

I'm Kylie Heard, fertility nutritionist, coach and founder of Nourish to Conceive. I help women feel calmer, more informed and supported as they prepare their bodies for pregnancy, alongside their medical care, never instead of it.

Book your free discovery call