

Expert Contributor

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Understanding the Root Cause of *PMOS* (formerly PCOS)

Weight loss and possible treatments for obesity are widely discussed and popular on all social platforms. Access to drug resources can sometimes suggest a "one size fits all" approach in terms of how to lose weight successfully. Understanding your hormones, however, is key to weight loss, and when we understand the possible causes of obesity, the solution becomes clear.

PMOS stands for Polyendocrine Metabolic Ovarian Syndrome, and represents the complexity of not only ovarian health, but metabolic and adrenal health as well. What was once a condition simply known for tiny cysts that resembled a string of pearls on the ovaries, we now know it can involve much more, and cysts may not be present at all.

For many women, insulin dysregulation drives the condition. Insulin is the hormone we secrete in response to carbohydrates. A sedentary lifestyle, too many carbohydrates in the diet, imbalances with androgens, poor sleep habits and eating too frequently all are known to raise insulin levels. Factors such as poor sleep, chronic stress, low physical activity, highly processed diets, frequent eating patterns, and existing hormonal or genetic predispositions may contribute to insulin resistance and metabolic dysfunction. This can create a scenario where weight becomes difficult to lose, periods become absent, irregular, or heavy, fertility may be affected, and symptoms such as acne, hair loss, or facial hair growth may develop.

We also know that low-grade chronic inflammation is commonly present in PMOS and may further contribute to insulin resistance, hormonal imbalance, and metabolic symptoms.

Importantly, PCOS can affect women of all body sizes, including lean women who may still experience significant hormonal and metabolic symptoms.

At Edgemont Naturopathic Clinic, we offer comprehensive hormone and insulin testing to determine what determine what hormonal, metabolic, or inflammatory factors may be contributing to weight and hormone-related symptoms.

Cathryn Coe, ND and Anna Karlberg, R.H.N., are passionate about helping individuals better understand and support their hormonal and metabolic health through personalized, evidence-informed care. To learn more about Anna's Body Balance Program, visit <https://edgemontnaturopathic.com/>

Understand Your Hormones. Transform Your Health.

*Learn what's affecting
your weight, energy, &
metabolic health.*

*Understand your nutrition,
balance your hormones*

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