

# PCOS AWARENESS MONTH 2024

## VOICES OF STRENGTH, AGENTS OF CHANGE

SEPTEMBER 1 - 30

[PCOSAwarenessMonth.org](https://PCOSAwarenessMonth.org)

### JOIN US ALL OF SEPTEMBER

FOR THE LARGEST PCOS AWARENESS CAMPAIGN



FOLLOW US @PCOSCHALLENGE

#PCOSAwarenessMonth #PCOS

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#PCOSChallenge #PCOSTour



**PCOS Challenge**

THE NATIONAL POLYCYSTIC OVARY SYNDROME ASSOCIATION

# PCOS AWARENESS MONTH 2024

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THE NATIONAL POLYCYSTIC OVARY SYNDROME ASSOCIATION

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## ABOUT PCOS AWARENESS MONTH

PCOS Awareness Month is a federally designated event in the United States. The aim of PCOS Awareness Month is to help improve the lives of those affected by PCOS and to help them overcome their symptoms as well as prevent and reduce their risks for life-threatening related conditions such as diabetes, stroke, cardiovascular disease, nonalcoholic fatty liver disease and cancer.

PCOS Challenge: The National Polycystic Ovary Syndrome Association is the sponsoring organization for PCOS Awareness Month and World PCOS Day. PCOS Challenge offers supporting resources, information and events.

### The goals and ideals of PCOS Awareness Month, are to:

- increase awareness of and education about PCOS among the general public, women, girls, and healthcare professionals;
- improve diagnosis and treatment of the disorder;
- disseminate information on diagnosis and treatment options;
- improve quality of life and outcomes for people with PCOS;
- promote the need for further research, improved treatment and care options, and a cure for PCOS;
- acknowledge the struggles affecting all people afflicted with PCOS;
- urge medical researchers and healthcare professionals to advance their understanding of PCOS in order to research, diagnose, and provide assistance to people with PCOS;
- encourage countries, states, territories, and localities to make PCOS a public health priority.



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# PCOS AWARENESS MONTH 2024

## 2024 PCOS AWARENESS MONTH THEME



*Voices of Strength, Agents of Change* stands as our theme for this year's PCOS Awareness Month, emphasizing the power of collective action in transforming PCOS care. This theme invites patients, healthcare providers, researchers, policymakers, and industry leaders to engage in open dialogues about the challenges and solutions in PCOS care. Stakeholders can share personal stories, support patient-centered research, and join advocacy efforts to drive policy changes that address the unmet needs of the PCOS community. Collaborative efforts will focus on amplifying patient voices to initiate impactful changes across all areas of healthcare and policy, including accelerating the development of new PCOS-specific treatments and empowering all stakeholders to co-create healthcare solutions.

PCOS stakeholders must work together to improve access to quality healthcare services and increase awareness of the disorder. The needed change will require collaboration across medical disciplines, public health, industry, government agencies, the media, and other influential groups. Campaigns and events during PCOS Awareness Month present opportunities for stakeholders to identify shared interests and advance common objectives.

In 2017, PCOS Challenge led the effort in the U.S. Congress to officially make PCOS Awareness Month a federally designated event and started World PCOS Day in 2018. Since then, PCOS Awareness Month has grown significantly. However, while we have made tremendous strides, we still have a long way to go before all people with PCOS have access to quality, affordable healthcare and effective treatments specific to the disorder.

Join our September PCOS Awareness Month campaign as we raise awareness, educate the public about the disorder, and help foster collaborations to close gaps in care, accelerate research, and develop new treatment and management options.

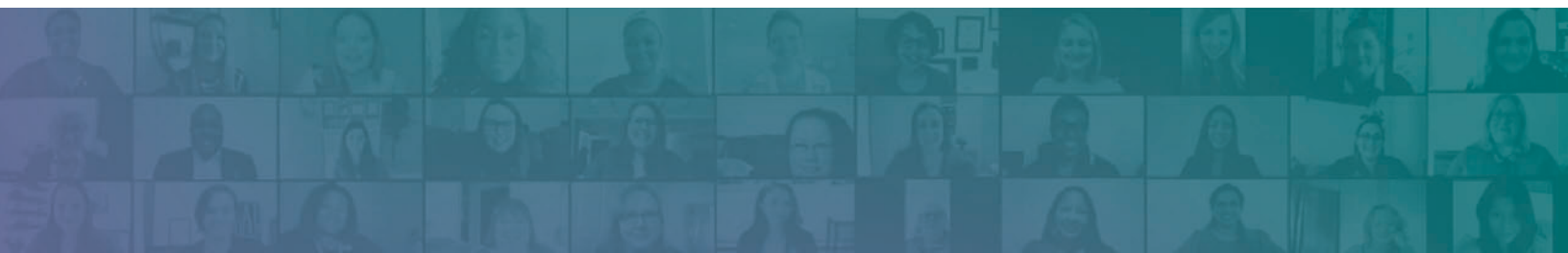


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## 2024 PCOS AWARENESS MONTH BY WEEK

### WEEK 1 (SEP 1-7)

PCOS Support and Advocacy Week

### WEEK 2 (SEP 8-14)

PCOS Fertility, Family Building and Maternal Health Week

### WEEK 3 (SEP 15-21)

PCOS Lifestyle Management Week

### WEEK 4 (SEP 22-28)

PCOS Related Disorders Week

### WEEK 5 (SEP 29-30)

PCOS Adolescent Health Week



*Save the dates!*



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## SEPTEMBER 1 WORLD PCOS DAY OF UNITY

### Overview:

On September 1, the first day of PCOS Awareness Month, PCOS Challenge will kick off the sixth annual #WorldPCOSDay of Unity. To recognize #WorldPCOSDay and PCOS Awareness Month, nearly 200 iconic landmarks around the world will display teal-colored lights in support of people affected by PCOS. The goal of #WorldPCOSDay is to bring together members of the global community for a worldwide conversation about the need for timely diagnosis and improved treatment, care, and outcomes for people affected by PCOS.

## WEEK 1: SEPTEMBER 1-7 PCOS SUPPORT AND ADVOCACY WEEK

### Overview:

This week will highlight the need for increased support and advocacy for PCOS. We will spotlight PCOS leaders and the growing community of global advocates. Through our posts and live-stream events, we will also highlight support resources for patients and advocacy opportunities for the PCOS community that you can share.



*Save the dates!*



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## WEEK 2: SEPTEMBER 8-14 PCOS FERTILITY, FAMILY BUILDING AND MATERNAL HEALTH WEEK

### Overview:

During this week, we encourage our partners to share content and host discussions about preconception planning, risks in pregnancy, maternal/fetal health, postpartum care, and family-building options and resources for people impacted by PCOS. On our social media platforms, PCOS Challenge will be posting stories from patient and provider advocates, evidence-based content, and hosting live-stream events tied to the weekly theme you can share.

## WEEK 3: SEPTEMBER 15-21 PCOS LIFESTYLE MANAGEMENT WEEK

### Overview:

During this week, we encourage our partners to share evidence-based content and host discussions about lifestyle management for PCOS such as dietary changes for better nutrition, supplementation, regular physical activity, getting sufficient sleep, stress reduction, and counseling for psychological distress. We want patients to feel empowered and learn how to manage their PCOS through lifestyle changes. On our social media platforms, PCOS Challenge will be posting stories from patient and provider advocates, sharing evidence-based content, and hosting live-stream events tied to the weekly theme that you can share.



*Save the dates!*



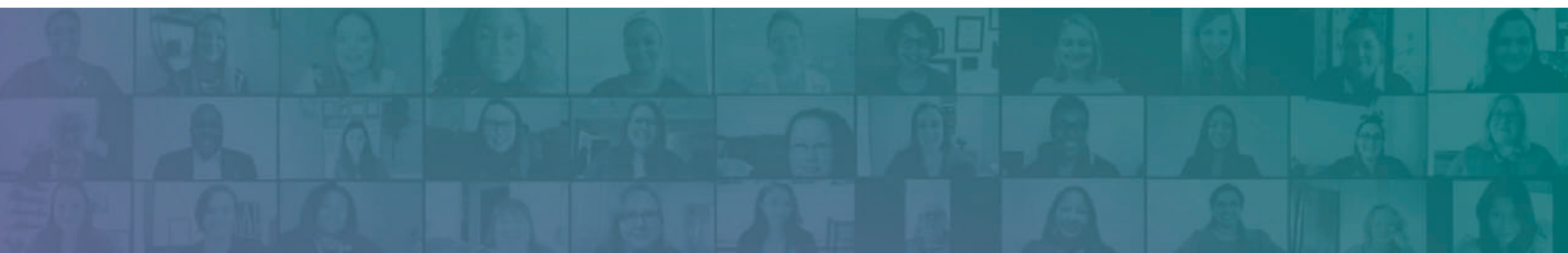
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## WEEK 4: SEPTEMBER 22-28 PCOS RELATED DISORDERS WEEK



*Save the dates!*

### Overview:

During this week, we encourage our partners to share evidence-based content and host discussions about PCOS and comorbidities such as diabetes, stroke, endometrial cancer, nonalcoholic fatty liver disease, sleep disorders, hair and skin issues, eating disorders, anxiety and depression. We want to empower patients by giving them information that can help them take charge of their health. On our social media platforms, PCOS Challenge will be posting stories from patient and provider advocates, evidence-based content, and hosting live-stream events tied to the weekly theme you can share.

## WEEK 5: SEPTEMBER 29-30 PCOS ADOLESCENT HEALTH WEEK

### Overview:

During this week, we encourage our partners to focus on empowering younger patients in the PCOS community and emphasize the importance of early detection and intervention. Coping with PCOS as an adolescent or teen can be particularly challenging. On our social media platforms, PCOS Challenge will be posting stories from parent, patient, and provider advocates, evidence-based content, and hosting live-stream events tied to the weekly theme you can share.



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# PCOS AWARENESS MONTH 2024



## Three Ways You Can Make a Big Difference During PCOS Awareness Month



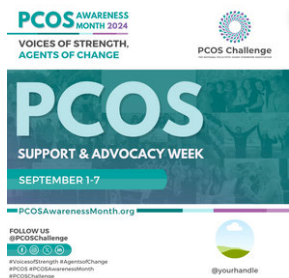
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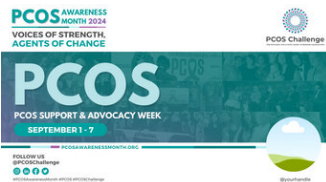
### 1. Promote PCOS Awareness Month and/or one of the weekly themes.

You may add your logo/photo and social media handle to our graphic.



← Add Photo/Logo and Social Media Handle

Facebook / Instagram



← Add Photo/Logo and Social Media Handle

Twitter

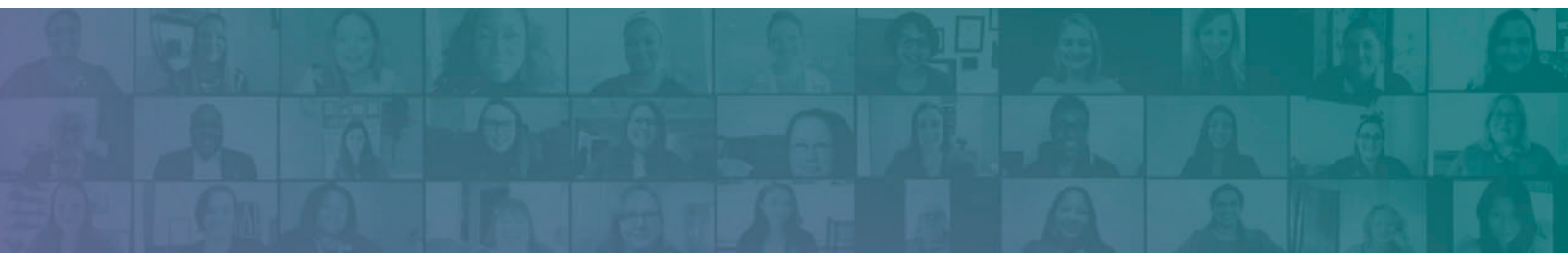
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## Three Ways You Can Make a Big Difference During PCOS Awareness Month



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## 2. Share your story for PCOS Awareness Month during one or more of the themed weeks.

You can share your story during PCOS Awareness Month using the general template or one of the weekly themed templates. Add your photo and quote for free to our templates using the online design and publishing tool Canva.



Facebook / Instagram



Twitter



Add Your Quote →

← Add Your Photo

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## Three Ways You Can Make a Big Difference During PCOS Awareness Month



**DOWNLOAD FACEBOOK & INSTAGRAM GRAPHICS**



**DOWNLOAD X (FORMERLY TWITTER) GRAPHICS**

### 3. Follow and engage with @PCOSChallenge on social media and share content.

Throughout the month of September, PCOS Challenge will be sharing evidence-based content about PCOS and related conditions, patients stories, and major PCOS events.

We encourage you to engage with us @PCOSChallenge on social media and to help raise awareness for PCOS by liking and commenting on our social media posts and sharing the content.

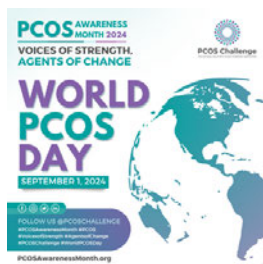


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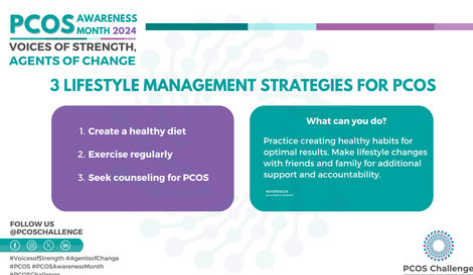
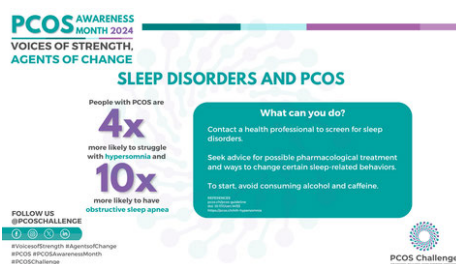
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## MAJOR UPCOMING PCOS EVENTS

TUESDAY, SEPTEMBER 10 • 10:00 AM-12:00 PM EDT

### WEBINAR: RESEARCH-DRIVEN INNOVATIONS IN PCOS CARE

FEATURING NIH SPEAKERS AND OTHER SPECIAL GUESTS

Watch Live on Facebook or the Rebroadcast on X or LinkedIn

Speakers from the National Institutes of Health—including the National Heart, Lung, and Blood Institute, the Office of Research on Women’s Health, and the National Institute of Environmental Health Sciences—and leaders in FemTech and industry join PCOS Challenge for this special event.

#### FEATURED SESSIONS INCLUDE:

- PCOS and Cardiovascular Health Across the Lifespan
- AI and Machine Learning in PCOS Diagnosis and Care
- Current Research and Breakthroughs in PCOS
- Navigating the NIH Grant Process for PCOS Research

**RESEARCH-DRIVEN INNOVATIONS IN PCOS CARE**

PRESENTED BY  
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FEATURED SESSIONS INCLUDE:

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- Current Research and Breakthroughs in PCOS
- Navigating the NIH Grant Process for PCOS Research

View the Live Stream on Facebook @PCOSChallenge



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## MAJOR UPCOMING PCOS EVENTS

This September

HELP BRIDGE GAPS IN PCOS KNOWLEDGE AND CARE  
Participate in the **International PCOS Tour**

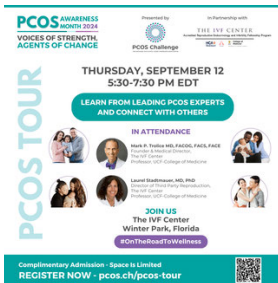
This year, PCOS Challenge will host the first-ever International PCOS Tour for the PCOS community. The tour will connect patients with providers and PCOS clinics. Through this effort, we will continue growing the PCOS community by engaging multidisciplinary clinics and increasing accessibility of local resources.



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**PCOS TOUR**  
THURSDAY, SEPTEMBER 12  
5:30-7:30 PM EDT  
LEARN FROM LEADING PCOS EXPERTS AND CONNECT WITH OTHERS  
IN ATTENDANCE  
Heidi P. Yorlita, MD, FACOG, FACFS, FAHA, FAHA, FAHA  
Laurel Goodfriend, MD, PhD  
JOIN US  
The IVC Center  
Winter Park, Florida  
#OnTheRoadToWellness  
Complimentary Admission - Space is Limited  
REGISTER NOW - [pcos.ch/pcos-tour](https://pcos.ch/pcos-tour)

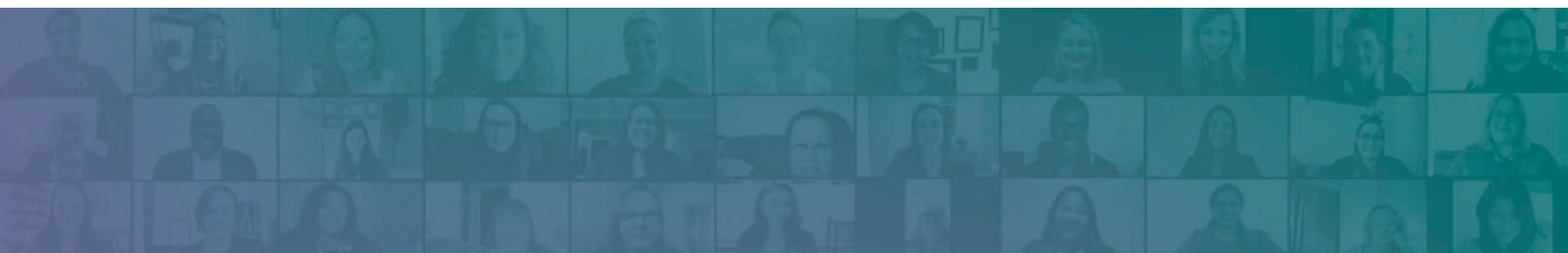


**PCOS TOUR**  
SUNDAY, SEPTEMBER 22  
10:00 AM - 2:00 PM MDT  
LEARN FROM LEADING PCOS EXPERTS AND CONNECT WITH OTHERS  
Katherine Reynolds, PhD, MSW  
Phyllis Kline, PhD  
JOIN US  
The University of Colorado  
Anschutz Medical Campus  
#OnTheRoadToWellness  
Complimentary Admission - Space is Limited  
REGISTER NOW - [pcos.ch/pcos-tour](https://pcos.ch/pcos-tour)



**PCOS TOUR**  
TUESDAY, SEPTEMBER 24  
5:30-7:00 PM EDT  
LEARN ABOUT PCOS GAIN EXPERT INSIGHTS + CONNECT WITH OTHERS  
FEATURED SPEAKER  
Dr. Fiona MacCubbin, BSc, PhD, MD  
Founder of The White Lotus Clinic and Author of 'Diagnose, Diagnose Your PCOS'  
JOIN US IN  
Toronto, Canada at  
York University with  
The White Lotus Clinic  
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Complimentary Admission - Space is Limited  
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Website - [pcosawarenessmonth.org/registration](https://pcosawarenessmonth.org/registration)



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## 2024 Awareness Month Campaign

This is the official website and core resource for all things PCOS Awareness Month.

<https://pcosawarenessmonth.org>

### Graphic Download Links (Facebook and Instagram)

<https://pcos.ch/pam-2024-graphics>

### Graphic Download Links (X, Formerly Twitter)

<https://pcos.ch/pam-2024-graphics-x>

## U.S. House and Senate Resolutions

### U.S. Senate (S.Res.325)

<https://www.congress.gov/bill/117th-congress/senate-resolution/781/text>

### U.S. House (H.Res.1384)

<https://www.congress.gov/bill/118th-congress/house-resolution/1384/text>

## State Resolutions

### Massachusetts State Legislature

<https://malegislature.gov/Bills/193/H3090>

<https://malegislature.gov/Bills/193/S2030>

### Indiana General Assembly

<https://iga.in.gov/legislative/2023/resolutions/senate/simple/40/details>

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