

PCOS/PMOS AWARENESS MONTH 2026

ACCELERATING PROGRESS, EXPANDING ACCESS

SEPTEMBER 1 - 30

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PMOSAwarenessMonth.org

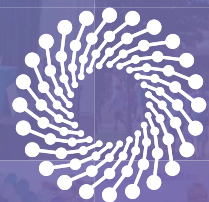
JOIN US ALL OF SEPTEMBER

FOR THE LARGEST PCOS/PMOS AWARENESS CAMPAIGN



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PCOS Challenge
THE NATIONAL POLYCYSTIC OVARY SYNDROME ASSOCIATION

PCOS/PMOS

AWARENESS MONTH 2026



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PCOS/PMOS Awareness Month is recognized globally. PCOS Challenge: The National Polycystic Ovary Syndrome Association is the sponsoring organization for PCOS/PMOS Awareness Month and World PCOS Day, and organizes awareness activities in 20-30 countries each year.

In 2017, PCOS Challenge led the effort in the U.S. Congress to officially make PCOS/PMOS Awareness Month a federally designated event and started World PCOS Day in 2018.

The aim of PCOS/PMOS Awareness Month is to help improve the lives of those affected 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, metabolic dysfunction-associated steatotic liver disease (MASLD) and cancer.

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

- increase awareness of and education about PCOS/PMOS 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/PMOS;
- promote the need for further research, improved treatment and care options, and a cure for PCOS/PMOS;
- acknowledge the struggles affecting all people afflicted with PCOS/PMOS;
- urge medical researchers and healthcare professionals to advance their understanding of PCOS/PMOS in order to research, diagnose, and provide assistance to people with PCOS/PMOS;
- encourage countries, states, territories, and localities to make PCOS/PMOS a public health priority.



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2026 PCOS/PMOS AWARENESS MONTH THEME

"Accelerating Progress, Expanding Access" stands as the theme for this year's PCOS/PMOS Awareness Month. It focuses on advancing research, treatment development, and care so people with PCOS/PMOS can benefit from progress at every stage of life. The theme calls on people with PCOS/PMOS and stakeholders across healthcare, research, industry, government, public health, and media to more clearly understand what progress requires and shape patient-centered solutions. That clarity supports co-creation by showing how gaps affect one another and helping stakeholders set priorities and shape solutions together. Accelerating progress means involving patients early and aligning stakeholders around patient priorities and measures of meaningful benefit. Connecting research, treatment development, policy, and care can improve decisions, move knowledge into practice faster, and reduce avoidable delays in developing treatments designed specifically for the condition. Expanding access means ensuring people can obtain reliable information, timely diagnosis, high-quality individualized care, comprehensive support, and meaningful opportunities to participate in research and decision-making. Examining barriers across communities can guide equitable solutions.

Campaigns and events during Awareness Month provide opportunities to exchange perspectives, identify where goals align, and develop solutions together. "Accelerating Progress, Expanding Access" represents a shared commitment to understand the challenges facing people with PCOS/PMOS, shape solutions with them, and expand access to the benefits of progress.

Join the PCOS/PMOS 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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2026 PCOS/PMOS AWARENESS MONTH BY WEEK

WEEK 1 (SEP 1-5)

PCOS/PMOS Support and
Advocacy Week

WEEK 2 (SEP 6-12)

PCOS/PMOS Fertility, Family Building and
Maternal Health Week

WEEK 3 (SEP 13-19)

PCOS/PMOS
Lifestyle Management Week

WEEK 4 (SEP 20-26)

PCOS/PMOS
Related Disorders Week

WEEK 5 (SEP 27-30)

PCOS/PMOS
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/PMOS Awareness Month, PCOS Challenge will kick off the sixth annual [#WorldPCOSDay](#) of Unity. To recognize [#WorldPCOSDay](#) and PCOS/PMOS Awareness Month, nearly 200 iconic landmarks around the world will display teal-colored lights in support of people affected by PCOS/PMOS. 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/PMOS.

WEEK 1: SEPTEMBER 1-5

PCOS/PMOS SUPPORT AND ADVOCACY WEEK

Overview:

This week will highlight the need for increased support and advocacy for PCOS/PMOS. We will spotlight PCOS/PMOS 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/PMOS community that you can share.



Save the dates!



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WEEK 2: SEPTEMBER 6-12

PCOS/PMOS 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/PMOS. 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 13-19

PCOS/PMOS LIFESTYLE MANAGEMENT WEEK

Overview:

During this week, we encourage our partners to share evidence-based content and host discussions about lifestyle management for PCOS/PMOS 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/PMOS 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.



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WEEK 4: SEPTEMBER 20-26

PCOS/PMOS RELATED DISORDERS WEEK

Overview:

During this week, we encourage our partners to share evidence-based content and host discussions about PCOS/PMOS 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 27-30

PCOS/PMOS ADOLESCENT HEALTH WEEK

Overview:

During this week, we encourage our partners to focus on empowering younger patients in the PCOS/PMOS community and emphasize the importance of early detection and intervention. Coping with PCOS/PMOS 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.



Save the dates!



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

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

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



← Add Your Photo to
the Profile Frame

X / Facebook / LinkedIn



Instagram



← Add Photo/Logo and
Social Media Handle



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

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

You can share your story during PCOS/PMOS 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.

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

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/PMOS and related conditions, patients stories, and major PCOS/PMOS events.

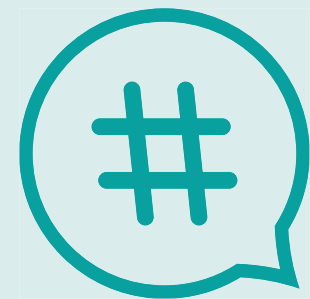
We encourage you to engage with us @PCOSChallenge on social media and to help raise awareness for PCOS/PMOS by liking and commenting on our social media posts and sharing the content.



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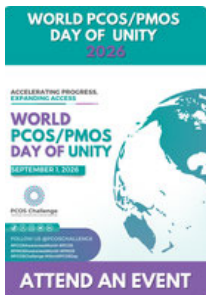
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MAJOR UPCOMING EVENT

SATURDAY, SEPTEMBER 19 • 9:00 AM-5:00 PM EDT

PCOS/PMOS AWARENESS SYMPOSIUM 2026 - BOSTON

**PRESENTED BY PCOS CHALLENGE AND
BRIGHAM AND WOMEN'S HOSPITAL**

The PCOS/PMOS Awareness Symposium brings together patients, supporters, healthcare professionals, researchers, state legislators, and partners for a full-day educational program focused on PCOS/PMOS care, treatment, research and access.

FEATURED SESSIONS INCLUDE:

- Nutrition, GLP-1s and other medications
- PCOS across life stages, symptoms and health priorities
- Hair and skin symptoms
- Mental health
- Reproductive health
- Metabolic health
- The PCOS/PMOS naming transition and its implications
- Research and treatment development

HALF-DAY ADOLESCENT PROGRAM

For young people with PCOS/PMOS and students interested in the field.

Register Now: <https://pcos.ch/boston-2026>



Includes a dedicated
session in Spanish



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2026 Awareness Month Campaign

These are the official websites and core resources for all things PCOS/PMOS Awareness Month.

<https://pcosawarenessmonth.org> | <https://pmosawarenessmonth.org>

Graphic Download Links (Facebook, X and LinkedIn)

<https://pcos.ch/pam-2026-graphics>

Graphic Download Links (Instagram)

<https://pcos.ch/pam-2026-graphics-ig>

U.S. House and Senate Resolutions

U.S. Senate (S.Res.422)

<https://www.congress.gov/bill/119th-congress/senate-resolution/422/text>

U.S. House (H.Res.175)

<https://www.congress.gov/bill/119th-congress/house-resolution/175/text>

State Resolutions

Massachusetts State Legislature

<https://malegislature.gov/Bills/194/H3392>

<https://malegislature.gov/Bills/194/S2173>

Indiana General Assembly

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



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