

PMOS and Insulin Resistance: A Root-Cause Approach

Release Date: 08/17/2026

End Date: 08/18/2028

Activity Overview

Polycystic Ovary Syndrome (PCOS) is increasingly recognized as a multisystem metabolic disorder rather than an isolated ovarian condition. Reflecting this evolving understanding, experts have proposed the term **Polyendocrine Metabolic Ovarian Syndrome (PMOS)** to better capture the central role of insulin resistance, metabolic dysfunction, and long-term cardiometabolic risk. This one-hour continuing education program provides clinicians with an evidence-informed overview of the rationale behind the PMOS terminology, the pathophysiologic relationship between insulin resistance and reproductive dysfunction, and practical strategies for improving clinical evaluation and management. Participants will learn how to identify metabolic dysfunction beyond traditional diagnostic markers, recognize the heterogeneity of PMOS presentations, including lean phenotypes, and apply individualized lifestyle, nutrition, and supplement interventions that target underlying disease mechanisms rather than symptom management alone. Emphasis is placed on translating current evidence into practical clinical decision-making to improve both reproductive and long-term metabolic outcomes.

Target Audience

This activity is designed for an audience of Physicians, Physician Associates, Pharmacists, Nurses, and Dietitians.

Learning Objectives

Upon completion of the educational activity, participants should be able to:

- Identify diagnostic criteria and subtypes of PMOS
- Explain how insulin resistance impacts reproductive hormones
- Develop individualized treatment approaches using lifestyle and supplement protocols

Criteria for Success

To obtain credit, you must participate in the entire activity. Partial credit is not awarded. <<Complete the post test and evaluation. You must receive a 70% or more on the posttest to pass>>. <<Complete the activity evaluation.>> The Certificate of Completion is immediately available for download after submitting your evaluation. It will remain in your profile transcript for future retrieval if needed. It can be found in your account>>My Activities>>Completed Activities. If you have any questions, contact bethany@akhcme.com

Please claim credit by: August 18, 2028



CE credit provided by AKH Inc., Advancing Knowledge in Healthcare.



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INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by AKH Inc., Advancing Knowledge in Healthcare and Revelar Health, LLC. AKH Inc., Advancing Knowledge in Healthcare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



IPCE CREDIT™

This activity was planned by and for the healthcare team, and learners will receive 1.5 Interprofessional Continuing Education (IPCE) credit for learning and change.

Physicians

AKH Inc., Advancing Knowledge in Healthcare designates this enduring material for a maximum of 1.5 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses

Credit being awarded: 1.5 ANCC contact hours

Pharmacists

AKH Inc., Advancing Knowledge in Healthcare, designates this continuing education activity for 1.5 contact hours.



Physician Associate

AKH Inc., Advancing Knowledge in Healthcare has been authorized by the American Academy of Physician Associates (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 1.5 AAPA Category 1 CME credits. Approval is valid until 08/18/2028. PAs should only claim credit commensurate with the extent of their participation

Nurse Practitioner



This activity has been planned and implemented in accordance with the Accreditation Standards of the American Association of Nurse Practitioners (AANP) through the joint providership of AKH Inc., Advancing Knowledge in Healthcare and Revelar Health, LLC. AKH Inc., Advancing Knowledge in Healthcare is accredited by the American Association of Nurse Practitioners as an approved provider of nurse practitioner continuing education. Provider number: 030803. This activity is approved for 1.5 contact hour(s) (which includes 1.5 hours(s) of pharmacology).

Dietitians



**Commission on
Dietetic Registration**
the credentialing agency for the
Academy of Nutrition and Dietetics

Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (One IPCE credit = One CPEU).

If the activity is dietetics-related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (One 60 minute hour = 1 CPEU).

RD's and DTRs are to select activity type 102 in their Activity Log. Performance Indicator selection is at the learner's discretion.

Commercial Support

There is no commercial support for this activity.

DISCLOSURES		
Name	Relationship	Commercial Interest
Melody Hartzler, PharmD, BCACP, BC-ADM, ABAAHP (faculty)	Advisor	Designs for Health;
	Speaker	Abbott; NovoNordisk
Leslie Edmunds, CDR (planner/reviewer)	N/A	Nothing to disclose
Megan Morrison, PharmD (planner/reviewer)	N/A	Nothing to disclose
Hannah Moore, NP	N/A	Nothing to disclose
Rebecca Lakofsky, BSN, RN (planner/reviewer)	N/A	Nothing to disclose
AKH Inc Staff and Planners	N/A	Nothing to disclose
Revelar Health, LLC Staff and Planners	N/A	Nothing to disclose
All of the relevant financial relationships listed for these individuals have been mitigated.		

Disclosures

It is the policy of AKH Inc. to ensure independence, balance, objectivity, scientific rigor, and integrity in all of its continuing education activities. The author must disclose to the participants any significant relationships with ineligible companies whose products or devices may be mentioned in the activity or with the commercial supporter of this continuing education activity. Identified conflicts of interest are mitigated by AKH prior to accreditation of the activity. AKH planners and reviewers have no relevant financial relationships to disclose.

Disclosure of Unlabeled Use and Investigational Product

This educational activity may include discussion of uses of agents that are investigational and/or unapproved by the FDA. Please refer to the official prescribing information for each product for discussion of approved indications, contraindications, and warnings.

Disclaimer

This course is designed solely to provide the healthcare professional with information to assist in his/her practice and professional development and is not to be considered a diagnostic tool to replace professional advice or treatment. The course serves as a general guide to the healthcare professional, and therefore, cannot be considered as giving legal, nursing, medical, or other professional advice in specific cases. AKH Inc. specifically disclaim responsibility for any adverse consequences resulting directly or indirectly from information in the course, for undetected error, or through participants misunderstanding of the content. If you would like to opt out from future communications from AKH please send an email to optout@akhcme.com with your information with "Opt Out" in the subject line.