AWARENESS

SUPPORT & EMPOWERMENT

PATIENT & PROFESSIONAL EDUCATION

ADVOCACY & POLICY

ACCESS TO CARE

RESEARCH

2025 IMPACT REPORT

TOGETHER, WE ARE CHANGING THE FUTURE FOR MILLIONS WITH PCOS

PCOS Challenge

THE NATIONAL POLYCYSTIC OVARY SYNDROME ASSOCIATION

Message from the Executive Director

For seventeen years, PCOS Challenge has worked to close gaps and elevate care for people with polycystic ovary syndrome. What began as a vision for a future where PCOS is widely understood, properly treated, and fully supported has grown into a movement spanning patients, clinicians, researchers, industry partners, and policymakers united by shared purpose.

This year brought real challenges, financial pressures, political uncertainty, and cuts to research that affected our entire community. And our community responded with imagination, partnership, and resolve. The progress reflected in this report represents what becomes possible when patients are treated as essential partners, not afterthoughts. Every policy advanced, every study completed, every event convened, every story shared was made possible by the patients, advocates, clinicians, researchers, and partners who showed up and did the work.

You are the reason this progress exists. You are the reason it will continue.

We are building something that did not exist before: a future where every person with PCOS receives timely diagnosis, effective treatment, and comprehensive support across their lifespan. A future where patients and their lived experience meaningfully inform research priorities, clinical guidelines, and policy decisions. A future where no one navigates this condition alone.

As we look to 2026 and beyond, PCOS Challenge remains committed to empowering patients to co-create with stakeholders, removing barriers, and showing up as a partner in this work. Together, we are not waiting for the future we want. We are building it.

Thank you for your continued support and partnership.

In good health,

Sasha Ottey

Sasha Ottey, MHA, MLS(ASCP)
Founder and Executive Director
PCOS Challenge: The National Polycystic Ovary Syndrome Association

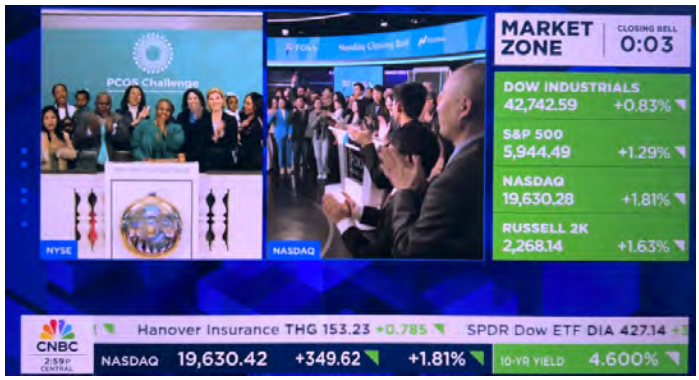
The report highlights the work and impact of PCOS Challenge across our six major program areas in 2025: Awareness, Support and Empowerment, Education, Health Policy and Legislative Advocacy, Access to Care, and Research.

AWARENESS

PCOS Challenge leads the largest national and international campaigns raising awareness for polycystic ovary syndrome.

NEW YORK STOCK EXCHANGE CLOSING BELL

On Friday, January 3, 2025, PCOS Challenge made history again for the PCOS community with the largest live global PCOS awareness event. The New York Stock Exchange hosted PCOS Challenge for its Closing Bell Ceremony, broadcast across major networks including CNBC, Bloomberg TV, and Fox Business News, reaching millions of viewers worldwide. It was an honor to provide a platform for those patient advocates, researchers, clinicians, and partners working tirelessly to improve care and outcomes for those with PCOS.



The preceding largest live global PCOS awareness event was PCOS Challenge's 2018 Nasdaq Stock Market Closing Bell Ceremony, broadcast across major networks and the MarketSite Tower in Times Square.

NATIONAL INFERTILITY AWARENESS WEEK (NIAW)

Polycystic ovary syndrome is recognized by the CDC as the leading cause of infertility in women, yet it often remains overlooked in national dialogues about reproductive health. During National Infertility Awareness Week (April 20 through April 26), PCOS Challenge joined RESOLVE: The National Infertility Association and partners nationwide to elevate PCOS in the national infertility conversation through shared stories and resources. The week's #ALLinFertility theme recognized the many different paths to building a family, and PCOS Challenge participated in Wear Orange Day and led activities throughout the week to honor the millions navigating infertility and the patients, providers, and supporters driving progress toward greater access and deeper understanding.

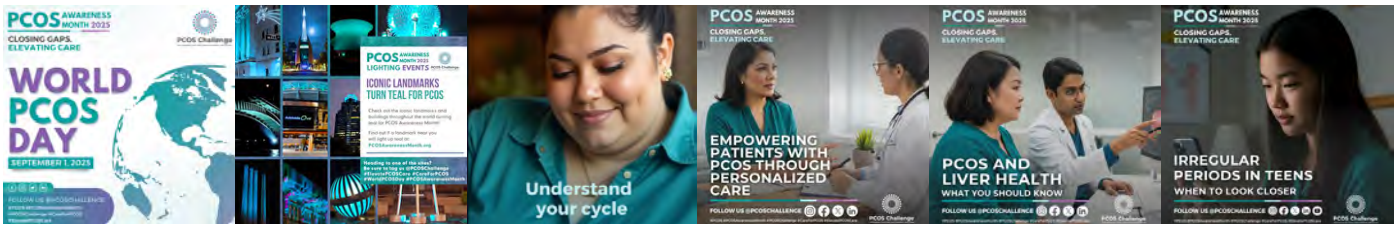
BLACK (IN)FERTILITY AWARENESS WEEK

Black (in)Fertility Awareness Week (July 28 through August 3) centers the experiences of Black individuals and families navigating fertility, a community facing significant disparities in access to care and treatment. Research shows that Black women are more likely to experience delays in diagnosis, have less access to fertility treatments, and face healthcare disparities in maternal care. PCOS Challenge was a partner in this SisterSong-led coalition effort, which received the RESOLVE Hope Award for Achievement at the 2025 Night of Hope Gala. Activities included SisterSong's $50,000 Fertility Giveaway initiative facilitated by Leah Jones and a Muna Fertility Clinic Tour led by Drs. Karenne Fru and Lasha Clarke, and Sasha Ottey, and other live and virtual events. Together, these efforts expanded access, shared knowledge, and moved toward a future where all families have the resources and support to pursue their family-building goals.

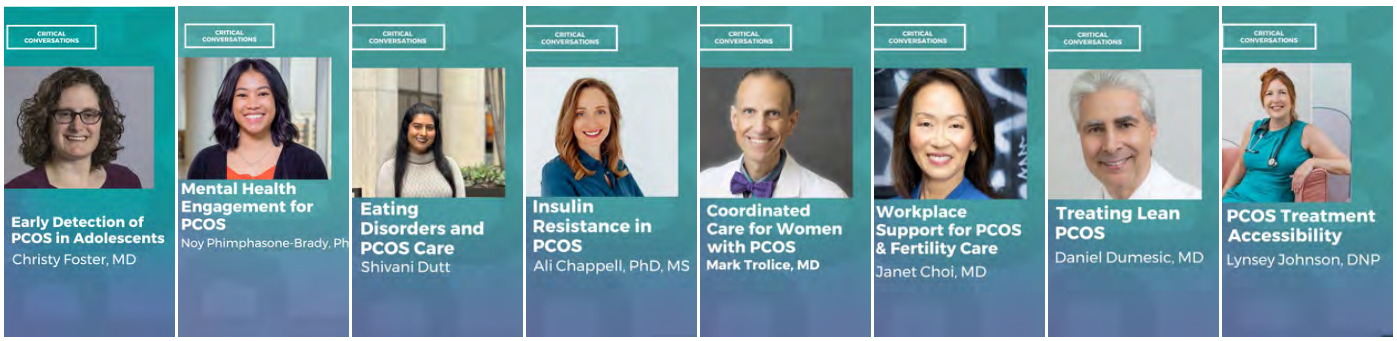
PCOS AWARENESS MONTH - ENGAGED OVER 1,000 PARTNERS

September 2025 marked PCOS Awareness Month, the largest global campaign raising awareness for PCOS, kicking off with World PCOS Day of Unity on September 1st. World PCOS Day was started by PCOS Challenge in 2018 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 the condition.

The theme for this year's PCOS Awareness Month was "Closing Gaps, Elevating Care," a call to action for patients, healthcare providers, researchers, industry leaders, and policymakers to collaborate in addressing gaps in diagnosis, treatment, and support services. The theme emphasized improving access to care, driving research to understand and mitigate health disparities, accelerating the development of PCOS-specific treatments, and empowering all stakeholders to actively contribute to shaping healthcare solutions. PCOS Challenge engaged over 1,000 partners for this year's campaign.



PCOS Challenge led a "Critical Conversations" leadership video series featuring experts addressing key issues in PCOS care: treatment accessibility with Dr. Lynsey Johnson (PCOS Sisters Telehealth Clinic); lean PCOS with Dr. Dan Dumesic (UCLA Health); coordinated care with Dr. Mark Trolice (The IVF Center); insurance coverage for fertility care with Dr. Janet Choi (Progyny); insulin resistance with Ali Chappell (Lilli Health); mental health engagement with Dr. Noy Phimphasone-Brady (University of Colorado Anschutz); eating disorders and PCOS care with Shivani Dutt (NEDA); early detection in adolescents with Dr. Christy Foster (University of Alabama at Birmingham); and barriers to pediatric endocrine care with Dr. Rachana Shah (Pediatric Endocrine Society).



Throughout the month, PCOS Challenge continued its annual tradition of illuminating landmarks throughout the world in teal, held in-person and virtual events and live streams, and amplified patient stories to raise awareness and foster the collaborations necessary to close gaps and elevate care.

MEDIA COVERAGE

PCOS Challenge continued to serve as an expert source throughout 2025, advancing the cause, providing critical context, and advocating for the needs of stakeholders in the PCOS community. PCOS Challenge's initiatives and perspectives were covered on the websites of over 160 major media outlets reaching up to 66 million people.*

Notable among the coverage were stories in the Washington Post and on CNBC.

The Washington Post spotlighted patients who have been dismissed or misdiagnosed and the systemic gaps that leave too many without answers.

CNBC covered the growing momentum to address long-overlooked treatment gaps, including the fact that millions of people with PCOS still have no FDA-approved therapies developed specifically for them. These are the very gaps PCOS Challenge is working to close through Patient-Focused Drug Development and sustained engagement with the FDA, Congress, and medical product developers.

*Data sourced from third-party media monitoring reports measuring content distribution performance across digital and traditional news outlets.

SUPPORT AND EMPOWERMENT

PCOS Challenge supports nearly 60,000 members through its Online Support Network and programs, helping individuals to achieve their health goals, access quality care, and advocate effectively for themselves. PCOS Challenge also provides a platform for members to share their personal experiences to advance PCOS care, research and treatment development.

ONLINE SUPPORT NETWORK

The PCOS Challenge Online Support Network at PCOSChallenge.com includes over 130 radio show and television episodes, 28 specialized support groups, forums, and thousands of discussion threads. Through email and social media engagement, PCOS Challenge delivers essential content to keep individuals informed, connected, and engaged with current information and community events.

Sign up for the PCOS Challenge Online Support Network at pcoschallenge.com.

PARTNERSHIPS

PCOS Challenge partners with visionary organizations that share our mission and understand that strong collaboration between the medical, scientific, patient, and industry communities is imperative to improve health outcomes and close gaps in PCOS research and care.

ASPECT

Aspect Health served as an official sponsor of PCOS Awareness Month 2025 and the PCOS Awareness Symposium in San Antonio. As part of the partnership, PCOS Challenge arranged for community members to receive complimentary access to the Aspect mobile app, supporting better understanding and management of PCOS symptoms.

"At Aspect Health, our mission is to make sure every woman has access to the knowledge and tools to take control of her health. Supporting PCOS Challenge and the PCOS Awareness Symposium is part of our broader commitment to building a future where women's metabolic and hormonal health is prioritized," says Gleb Babiy, Founder of Aspect Health.

BALL STATE UNIVERSITY PCOS SUPPORT GROUP - MUNCIE, INDIANA

PCOS Challenge served as advisors in developing a student-led PCOS support group in Muncie, Indiana. Working with Dr. George Gaither, Associate Professor of Psychology at Ball State University, and graduate teaching assistant Alicia Van Duyn, PCOS Challenge helped design a customized empowerment-focused peer support program for individuals living with PCOS in the Muncie area. PCOS Challenge equipped students with training materials, facilitation frameworks and tools to lead effective support programming. The group, held at Still Waters Wellness Center in partnership with PCOS Challenge, was designed to create an inclusive space for participants to share experiences, access resources, and build community.

PCOS TRAILBLAZERS 5K ATLANTA

PCOS Challenge partnered with PCOS Sisters Telehealth Clinic to co-host the PCOS Trailblazers 5K: Walk, Hike, or Run for PCOS Awareness at Sweetwater Creek State Park on September 28, 2025. Over 100 participants came together to raise awareness and show solidarity.

Thank you to our sponsors Sweetwater Creek State Park and Leigh Pursley, our speakers PCOS Personal Trainer Erika Gilliland and Dr. Dionne Middlebrooks, the cross country athletes from Agnes Scott College, and all our volunteers for showing up and showing your support.

COMMUNITY LEADER EVENTS

PCOS Challenge was also proud to support PCOS awareness events put on by community leaders.

AUGUSTA, GEORGIA

CSRA PCOS Support Group

HILLSVILLE, VIRGINIA

Maria and Lisa Quesenberry

NORTH WEST, LOUISIANA

Essence Payne

EDUCATION

Since 2013, PCOS Challenge has educated thousands of patients and professionals through its symposia, educational programming and mentorship programs, building the model for patient-investigator-professional collaboration. What began as a vision for comprehensive, patient-centered PCOS education is continuing to be realized through an expanding network of events, partnerships, and platforms across the United States and internationally, advancing toward a future where PCOS is widely understood, properly treated, and those affected receive the comprehensive care they deserve.

PCOS AWARENESS SYMPOSIUM 2025 - SAN ANTONIO, TEXAS

PCOS Challenge partnered with the Androgen Excess and PCOS Society to bring the PCOS Awareness Symposium to Texas for the first time. Held on October 25 at the Plaza San Antonio Hotel & Spa, the event brought together leading PCOS experts, clinicians, researchers, and industry professionals for a day of sharing experiences, insights, and the latest updates about the condition. Sessions covered patient perspectives and lived experiences, evidence-based approaches for PCOS diagnosis and treatment, fertility, mental health support, lifestyle management, and emerging developments in research and treatment options.

"This symposium represents a gold standard in patient-investigator-clinician collaboration, creating a vital space where research meets patient lived experience," said Dr. Anuja Dokras, Executive Director of the Androgen Excess and PCOS Society.

Thank you to our sponsors and supporters: May Health and Aspect Health (Gold); The IVF Center (Silver); Theralogix and PCOSynergy (Featured Exhibitors); and PCOS Sisters Telehealth Clinic & Wellness Center and Ovii Health (Community Partners).

PATIENT EDUCATION

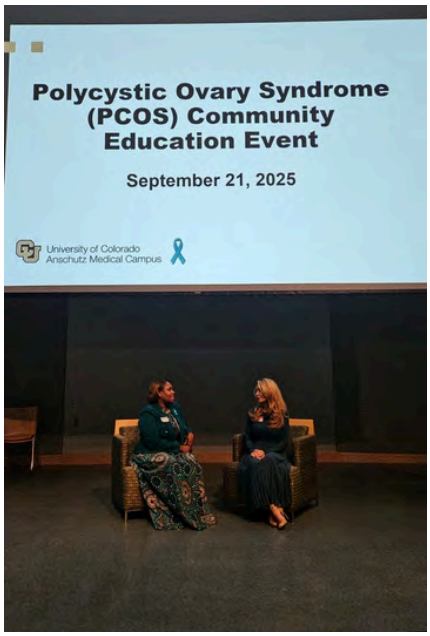
PCOS FALL GATHERING - TORONTO, CANADA

On September 19, PCOS Challenge partnered with The Seasons Collective to host a PCOS community gathering at York University in Toronto, bringing PCOS support resources to Canada during PCOS Awareness Month. The evening featured expert insights from healthcare providers, researchers, mental health experts, and patient advocates, along with opportunities for attendees to connect directly with others living with PCOS. Special recognition to Krutika Galgalikar, Host of The Seasons Collective and PCOS Challenge Patient Advisory Board Member, for spearheading the event and her work to bring greater PCOS support resources to Canada.

Thank you to our Canadian health partners July Health Clinic, The Good Life Dietitian, and Nourishing Balance Health Team for making this event possible.

PCOS COMMUNITY EDUCATION SYMPOSIUM - COLORADO

The CU Anschutz PCOS Program and Children's Hospital PCOS Program hosted a community education symposium on September 21, with PCOS Challenge as featured guest. The event brought together patients and women's health providers for presentations, breakout sessions, and community connection focused on PCOS and related health issues.



FERTILITY EMPOWERMENT INTERNATIONAL CONFERENCE - NASSAU, BAHAMAS

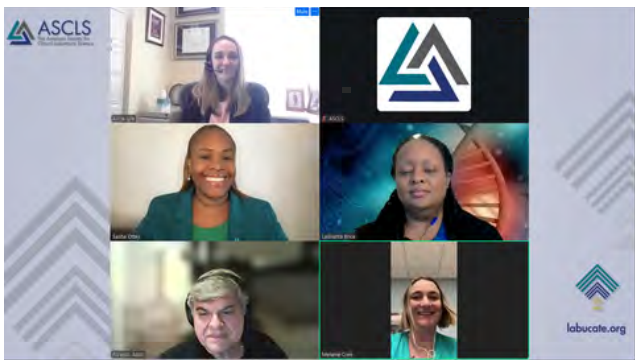
On April 3-4, Sasha Ottey joined a panel discussing research, insurance, legislation and workplace policies at the 2nd Annual Fertility Empowerment International Conference in Nassau, Bahamas, organized by Dr. Latazia Stuart (Doctor Tazz). The conference brought together healthcare providers, fertility advocates, community leaders, and patients to address family-building challenges and expand access to fertility resources across the Caribbean.

PCOS AND PELVIC FLOOR HEALTH COMMUNITY EVENT - MCDONOUGH, GEORGIA

On September 4, Sasha Ottey joined Dr. Dionne Middlebrooks, Physical Therapist and Owner of Reign Physical Therapy and Wellness, and Dr. Gabrielle Williams, Primary Care Physician and Owner of Gateway Direct Health, for a community discussion on PCOS and pelvic floor health at the McDonough Public Library. The session explored the systemic impact of PCOS on the body, addressing an often-overlooked dimension of care through both in-person and virtual participation.

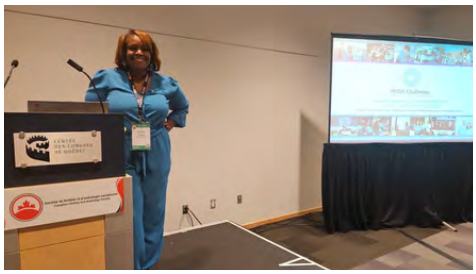
PROFESSIONAL EDUCATION

ASCLS WEBINAR FOR LABORATORY PROFESSIONALS



PCOS Challenge organized an education event for the American Society for Clinical Laboratory Science on September 10, featuring Sasha Ottey, Drs. Melanie Cree, Ricardo Azziz and LaShanta Brice, and Dr. Alicia N. Lyle from the CDC. The webinar explored the prevalence of PCOS, diagnostic challenges, laboratory testing, and why laboratory professionals play a crucial role in improving care and outcomes.

CFAS 71ST ANNUAL MEETING - QUEBEC CITY, CANADA



Sasha Ottey presented "Understanding PCOS and Infertility: A Focus on Patient Priorities" at the 71st Annual Meeting of the Canadian Fertility & Andrology Society on September 17-20, in Quebec City. The session addressed diagnosis and management, the connection between PCOS and infertility, disparities in BIPOC communities, quality of life, and strategies for closing gaps and addressing unmet patient needs.

ASRM SCIENTIFIC CONGRESS - SAN ANTONIO

PCOS Challenge organized a session on PCOS, mental well-being and quality of life at the 2025 ASRM Scientific Congress & Expo in San Antonio on October 29.
Sasha Ottey served as session chair and co-presented the interactive session with Dr. Andrea Braverman, Associate Director of the Educational Core and Clinical Associate Professor of Psychiatry & Behavioral Medicine at Thomas Jefferson University. The session engaged attendees through case presentations and discussion, exploring how PCOS affects long-term health, quality of life, and mental well-being.

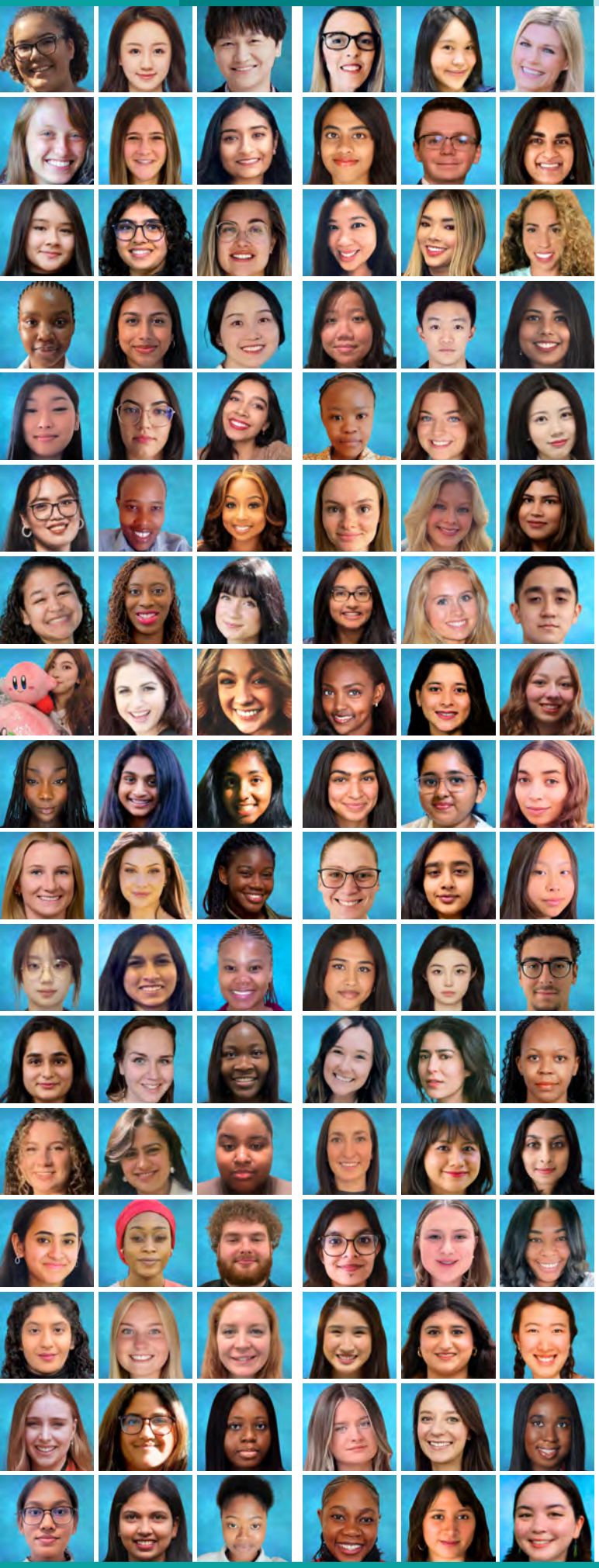
JOHNS HOPKINS FERTILITY WEBINAR

On December 1, Sasha Ottey joined Dr. Pardis Hosseinzadeh, Reproductive Endocrinologist at the Johns Hopkins Medicine Fertility Center, for an in-depth webinar on how PCOS affects reproductive health and what today's best care approaches can offer. Over 300 people registered for the event. The session provided an evidence-based overview of factors affecting reproductive health, medical and lifestyle treatment options, and how advocacy continues to shape better care for people living with PCOS.

PUBLICATION

Sage

Sasha Ottey authored the polycystic ovary syndrome entry for the SAGE Encyclopedia of Menstruation and Society, forthcoming in Spring 2026.



PCOS Challenge Recognized in Top 6% Globally for Mentorship

In 2025, PCOS Challenge was named a Legacy Leader in the VI50 Global Leaders in Mentorship by Virtual Internships, placing it among the top six percent of organizations worldwide recognized for excellence in structured, mentorship-driven internship programs.

Mentoring Future Leaders for Real-World Change - Over the past five years, PCOS Challenge has mentored over 100 interns through its Management and Leadership Trainee Program, helping equip them with the skills and capacity needed to address critical gaps in healthcare, business, and technology.

Our interns are actively building the skills and capacity to lead and solve complex challenges in a rapidly evolving world.

Apply for PCOS Challenge Internship and Practicum Opportunities at apply.pcos.org.

LEGISLATIVE ADVOCACY & HEALTH POLICY

PCOS Challenge is the leading organization advocating for and shaping health policy for individuals impacted by polycystic ovary syndrome. Through ongoing engagement with the U.S. Congress, federal and state government agencies, and coalition partners, PCOS Challenge helps improve and expand access to care and increase funding for PCOS research. These efforts create a platform for patients, researchers, clinicians, and industry leaders to drive meaningful policy change together.

8TH ANNUAL PCOS ADVOCACY DAY

On March 6, 2025, advocates from across the country united in Washington, D.C., for the 8th Annual PCOS Advocacy Day. Led by PCOS Challenge, patients, researchers, healthcare providers, industry professionals, and supporters came together to urge lawmakers to prioritize PCOS, calling for increased research funding, improved diagnostic testing, and accelerated development of effective treatments. A key focus was support for FY2026 appropriations report language, crafted by PCOS Challenge in collaboration with Congressional offices, directing the CDC to fund the development of standardized reference intervals for hormone tests in women, adolescents, and girls. These measures are essential to improving diagnostic precision and enabling earlier, more accurate PCOS detection. U.S. Congresswoman Debbie Wasserman Schultz (FL-25), Co-Chair of the Bipartisan Congressional PCOS Caucus, served as guest speaker.

Thank you to the celebrity advocates and influencers who also supported this effort, including Lauren Elizabeth Ash, Jordan Fowler, Stephanie Coker, Andrea Lewis, and Tom and Rachel Sullivan. A special thank you also to our PCOS Advocacy Day sponsors Allara Health and First Fertility for your invaluable support.

Sign up for the 2026 Virtual PCOS Advocacy Day at pcos.ch/advocacy-2026.

BIPARTISAN CONGRESSIONAL PCOS CAUCUS REESTABLISHED

PCOS Challenge led efforts to reestablish the Bipartisan Congressional PCOS Caucus for the 119th Congress. The Caucus is co-chaired by U.S. Representatives David Scott (D-GA-13), Brian Fitzpatrick (R-PA-1), Debbie Wasserman Schultz (D-FL-25), Don Bacon (R-NE-2), and Jan Schakowsky (D-IL-9). Originally formed during the 117th Congress, the PCOS Caucus serves as a bipartisan forum for legislators to work with the patient community, researchers, and healthcare experts to address the challenges people with PCOS face. Caucus members promote bipartisan legislative and policy solutions that improve health outcomes, reduce the economic burden of the disorder, and address gaps in PCOS research, education, treatment, and care.

"Reestablishing the PCOS Caucus is a commitment to changing the status quo. For too long, PCOS has been sidelined, affecting millions without the research, care, or attention it deserves. With this bipartisan effort, we're ensuring that PCOS is no longer an afterthought in healthcare policy," said Representative Brian Fitzpatrick.

“There’s no cure for PCOS and it often goes misdiagnosed, leaving critical gaps in our understanding around its severe comorbidities, like infertility, heart disease, diabetes, and more,” said Representative Wasserman Schultz. “Like so many disorders that affect women, PCOS has gone ignored and undetected for far too long. I’m proud to join my colleagues in the Bipartisan PCOS Caucus to change that narrative and offer hope to all women facing PCOS.

“I’m thankful to join the PCOS Caucus as its newest Co-Chair and to support an issue that touches the lives of millions of women and families,” said Representative Bacon. “The Caucus has helped achieve important milestones in PCOS research, federal recognition, and awareness, and I look forward to helping build on that progress. As we continue this bipartisan work, I’m committed to ensuring that PCOS remains part of our national health policy conversation and that we pursue effective solutions to improve care and outcomes.”

SENATE 2025 PCOS AWARENESS MONTH RESOLUTION PASSES BY UNANIMOUS CONSENT

The U.S. Senate PCOS Awareness Month Resolution (S.Res.422), co-led by Senators Elizabeth Warren (D-MA) and Deb Fischer (R-NE), was reintroduced for 2025. It passed by unanimous consent on October 6. The resolution affirms that improving outcomes for people with PCOS requires more than awareness; it highlights stakeholder opportunities and the need for structural change, calling on all sectors of healthcare, research, and policy to close diagnostic and treatment gaps, accelerate the development of new therapies, and strengthen support for patients across their lifespan.

Thank you to all the patient, professional and industry advocates who helped make this happen by meeting with your legislators during PCOS Advocacy Day and showing your support with constituent letters.

MASSACHUSETTS PCOS AWARENESS MONTH LEGISLATION

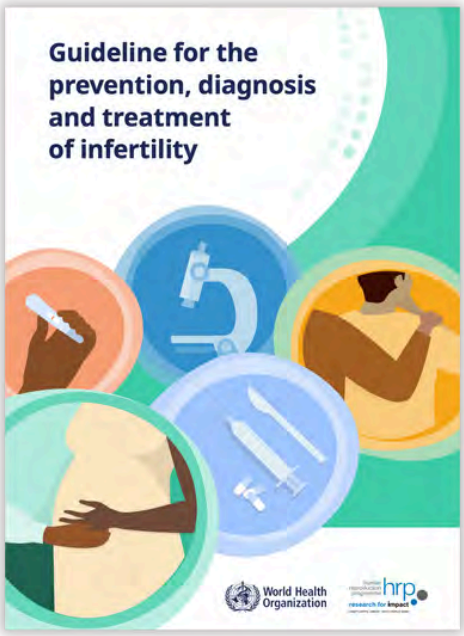
In partnership with AllPaths Family Building, PCOS Challenge supported the reintroduction of PCOS Awareness Month legislation in the Massachusetts state legislature. Both the Senate bill (S.2173), presented by Senator Liz Miranda, and the House bill (H.3392), presented by Representative Samantha Montaño, advanced through committee. On June 4, 2025, members of PCOS Challenge and its coalition partners testified at the State House hearing, and both bills are progressing toward passage.

Contact PCOS Challenge to learn how you can help support the passage of the bill and getting it signed into law.

ACCESS TO CARE

PCOS Challenge works to ensure that evidence-based standards translate into improved care for patients, advancing solutions that balance clinical evidence, access, and affordability.

WHO RELEASES FIRST-EVER GLOBAL INFERTILITY GUIDELINE, INCLUDING PCOS RECOMMENDATIONS



The World Health Organization introduced a landmark infertility guideline in 2025, including updated recommendations for PCOS. Sasha Ottey, Executive Director of PCOS Challenge, served on the WHO External Review Group for this guideline, part of the organization's ongoing efforts to strengthen PCOS-related guidance and practice in ways that close gaps, elevate standards, and ensure patient-centered perspectives are integrated into care. The guideline addresses medication sequencing, treatment escalation pathways, and the role of lifestyle support as part of comprehensive PCOS care.

PCOS Challenge recognizes that some recommendations may not be fully feasible or affordable in all settings and is committed to advancing solutions that address these realities. Looking ahead, PCOS Challenge will continue working to ensure that future guidelines more fully reflect principles of access and affordability alongside clinical evidence.

DOWNLOADS
Full Guideline - **pcos.ch/who-infertility-guideline**
Recommendation Summary - **pcos.ch/who-infertility-guideline-summary**

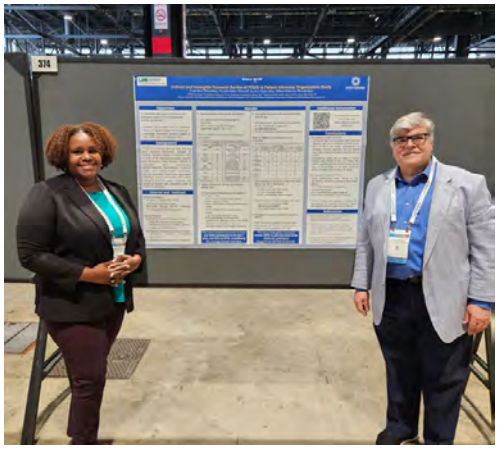
ONGOING ACCESS TO CARE INITIATIVES

In 2025, PCOS Challenge continued building infrastructure for state legislative advocacy and health system, Managed Care Organization (MCO), and government engagement to expand access to care. We also continued work on the PCOS National Health Policy Agenda.

RESEARCH

PCOS Challenge is dedicated to advancing patient-centered research for PCOS by conducting and supporting studies that address critical gaps in knowledge, treatment, and care. Through The PCOS Challenge Study, a patient-powered registry, patients collaborate directly with investigators, contributing evidence and insights from their lived experiences to shape the research agenda and accelerate discovery.

PCOS INTANGIBLE AND INDIRECT ECONOMIC BURDEN STUDY



PCOS Challenge completed its study on the intangible and indirect economic burden of PCOS, conducted through The PCOS Challenge Study registry, with findings to be submitted for peer review. The observational study examined health-related quality of life, work productivity, and indirect productivity losses among individuals with PCOS compared to controls. Thank you to Co-Principal Investigators Sasha Ottey and Dr. Ricardo Azziz, and to everyone who participated in this research.

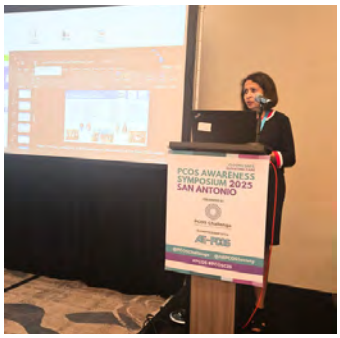
This research builds on PCOS Challenge's previous economic burden research on the impact of mental health disorders associated with PCOS, which found the annual cost to treat mental health issues in PCOS is approximately $4.2 billion (Yadav et al., 2023), increasing the estimated annual economic burden of PCOS in the U.S. to more than $15 billion.

PCOS, SOCIOECONOMIC STATUS AND QUALITY OF LIFE IN TRINIDAD

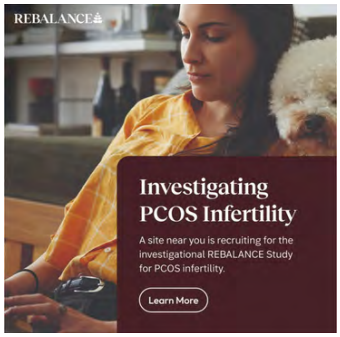
PCOS Challenge collaborated on a community-based pilot study examining the association between PCOS-like clinical features, socioeconomic status, and health-related quality of life in Trinidad. Published in Women's Health Reports, the study engaged 250 women aged 18-45 years from diverse ethnic and socioeconomic backgrounds, finding that higher income reduced menstrual dysfunction risk while severe depression was significantly linked to combined menstrual dysfunction and hirsutism. This collaboration is part of PCOS Challenge's ongoing efforts to address health disparities and advance understanding of PCOS across diverse ethnic and socioeconomic populations.

Thank you to Drs. Stephanie Mohammed, Brian Cockburn, Venkatesan Sundaram, Shastri Motilal, and Ricardo Azziz and to everyone who participated in this research.

RECRUITMENT SUPPORT FOR PARTNER STUDIES

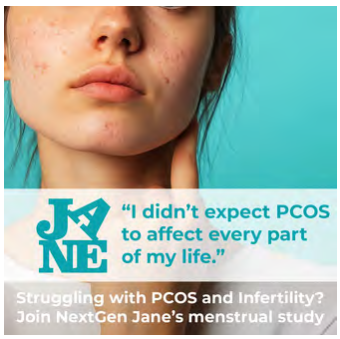


COMET-PCOS Study - The results of this NIH/NICHD-funded trial were published this year in PLOS Medicine. Key findings demonstrated that low-dose combined oral contraceptives effectively managed PCOS symptoms without increasing metabolic syndrome prevalence. In the absence of FDA-approved treatments specifically for PCOS, this research provides evidence-based guidance for treatment selection. Congratulations to the research team, including Drs. Anuja Dokras, Christos Coutifaris, Alan Remaley, Nehal Mehta, Martin Playford, Allen Kunselman, Christy Stetter, William Dodson, Richard S. Legro



May Health REBALANCE Study - This investigational study is gathering data on the effectiveness and safety of the Ovarian Rebalancing procedure to restore ovulation in women with infertility due to PCOS. The randomized study is enrolling participants at clinical trial sites across the United States.

To learn more and apply, visit rebalance-study.com.



NextGen Jane PCOS Study - This study aims to develop more effective diagnostic tools for infertility in women with PCOS. By collecting menstrual samples and health data, the study furthers understanding of fertility challenges and informs future treatments.

To learn more and apply, visit **pcos.ch/ngj-pcos-study**.

UCSF MUSE Study - This NIH-funded study led by UCSF OBGYN researchers is examining the role of cells in the uterus in supporting healthy pregnancy, with implications for individuals with PCOS and others experiencing fertility challenges.

ONGOING RESEARCH INITIATIVES

In 2025, PCOS Challenge continued building infrastructure to support medical product developers advancing new drugs, diagnostics, devices, and other technologies for PCOS. This work is building on PCOS Challenge's 2023 Externally-Led Patient-Focused Drug Development Meeting held for the U.S. Food and Drug Administration (FDA) and related efforts.

THANK YOU!

HIGH-IMPACT CONTRIBUTORS

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SUPPORTING SPONSORS

Thank you to our supporting sponsors: Progyny, Theralogix, First Fertility, Allara Health and PCOSynergy.

EDUCATION, COALITION AND COMMUNITY PARTNERS

Thank you to our partners: Androgen Excess and PCOS Society, Partnership for the Accurate Testing of Hormones (PATH), National Forum for Heart Disease and Stroke Prevention, SisterSong, RESOLVE: The National Infertility Association, AllPaths Family Building, Cade Foundation, Ovii Health, and MoMMAs Voices.

GLOBAL ADVOCACY LEADERS

Special thanks to the leaders from POSAA (Australia), PCOS Vitality (Ireland), PCOS Norge (Norway), and SOPK Europe (France), who joined us for San Antonio PCOS Awareness Symposium. We are grateful to you and all the unsung PCOS patient advocacy organizations around the world doing incredible work to advance the shared mission. We salute your resolve, ingenuity and commitment.

Together, we are changing the future for millions with PCOS!

HOW TO SUPPORT PCOS CHALLENGE IN 2026

To learn how you can support our work in 2026, contact us or donate at pcoschallenge.org/giving.

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