

10th Annual Congress on **Polycystic Ovarian Syndrome and Fertility**

Oral Presentation

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From PCOS to PMOS: Integrating digital health into a continuous metabolic care model for reproductive and cardiometabolic outcomes**Sania Bashir**

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Background: Polycystic Ovarian Syndrome (PCOS) is traditionally classified as a reproductive endocrine disorder; however, growing evidence highlights its strong association with insulin resistance, obesity, prediabetes, and long-term risk of type 2 diabetes and cardiovascular disease. This evolving understanding supports a proposed reframing of PCOS as a broader metabolic spectrum disorder PMOS (Polycystic Metabolic Ovarian Syndrome), where reproductive manifestations represent only one aspect of systemic metabolic dysfunction. Despite this shift, care delivery remains episodic and specialty-segregated.

Objective: To propose an integrated digital health enabled care model for PCOS/PMOS that shifts management from episodic reproductive care to continuous metabolic monitoring, early risk stratification, and multidisciplinary intervention aimed at improving both metabolic and reproductive outcomes.

Methods: A conceptual and implementation-based framework is developed using a digital health ecosystem model. The proposed model integrates risk stratification tools, remote monitoring of metabolic and reproductive parameters, behavioral intervention modules, telemedicine-based multidisciplinary care, and continuous outcome tracking. The framework is informed by real-world clinical experience from Diabetes TeleCare, adapted for PCOS/PMOS care delivery.

Results (Expected/Conceptual Outcomes): The proposed

model is expected to enable earlier identification of high-risk patients, improve insulin resistance management, enhance ovulatory function, reduce long-term type 2 diabetes risk, improve continuity of care, and generate real-world longitudinal data for predictive modeling in PMOS.

Conclusion: Reframing PCOS as PMOS shifts the clinical paradigm from episodic reproductive care to continuous metabolic management. Integration of digital health enables early detection, sustained behavioral modification, and coordinated multidisciplinary care, improving both metabolic and fertility outcomes.

Biography

Sania Bashir is a consultant diabetologist and healthcare innovator based in Pakistan. She is the Founder and CEO of Diabetes TeleCare, a digital health platform focused on improving diabetes management through telemedicine, patient education, and AI-based tools. She completed her medical training with distinction and has been actively involved in clinical diabetes care, digital health integration, and community-based awareness programs. Under her leadership, Diabetes TeleCare has expanded its reach through clinical services, online education, and research initiatives aimed at improving glycemic control and patient adherence. Her work particularly emphasizes the role of telemedicine in chronic disease management, lifestyle modification, and scalable diabetes care models for resource-limited settings. She has contributed to multiple national and international platforms highlighting digital health transformation in diabetes care and continues to advocate for patient-centered, technology-driven healthcare solutions.