November 2026

spi met 4 health

Recommendations
(Summary)

1. *Recognition, Data Collection* and Long-Term Research

Recognise PMOS as a key women's health issue in European and national health strategies, and

Strengthen data collection and research to better understand its prevalence and impact.

Research must look beyond reproductive health and **address the long-term health, social and economic consequences of PMOS throughout the life course.**

2. Integrated, *Equitable* and Sustainable *Care*

Promote integrated, evidence-based care pathways to ensure timely diagnosis.

Make sure appropriate treatment and long-term follow-up for everyone affected by PMOS is available.

Care must be **accessible to all, including women in vulnerable situations, and must be supported by sustainable funding.**

3. *Patient-Centred Care*, Empowerment and Meaningful Participation

Invest in healthcare professionals' training, reliable patient information and psychological support.

Women **living with PMOS and their representative organisations or patient organisations** must be **meaningfully involved in shaping health policies and care, with their participation leading to tangible change.**

4. *Patient-Centred Research* and Meaningful Partnership

Women living with PMOS must be partners in clinical research, not merely participants. Their lived experiences and priorities should **help shape research questions, clinical trials and funding decisions to improve the relevance and quality of research.**

5. *European Coordination*, Implementation and *Accountability*

Strengthen European cooperation, exchange best practices and monitor progress through common indicators. Regular evaluation, with meaningful patient involvement, is essential to identify gaps, reduce inequalities and turn commitments into action.