PMOS AWARENESS WEBINAR REPORT

Theme: Beyond the PMOS Stigma: Breaking Myths, Amplifying Women's Voices and Advancing Hormonal Health

Date: 30th September 2026

Time: 2:00 PM – 4:00 PM (EAT)

Platform: Microsoft Teams

Number of Participants: 28 Participants

1. INTRODUCTION

As part of the September PMOS Awareness Month campaign, Jonica Foundation hosted a virtual PMOS Awareness Webinar on 30th September 2026 under the theme "Beyond the PMOS Stigma: Breaking Myths, Amplifying Women's Voices and Advancing Hormonal Health."

The webinar sought to increase awareness and understanding of PMOS, address myths and misconceptions, promote accurate information on hormonal health, amplify lived experiences and encourage early diagnosis and access to appropriate care and support services.

A total of 28 participants attended the webinar including Jonica Foundation staff members, the Chief Executive Officer, the Chairman, Human Resource Officer, Social Media Manager, SRHR Ambassadors from various counties, community members and invited speakers.

The session was jointly moderated by Cannon Mitoko, Operations Officer and Colette Olonde, Human Resource Officer. Cannon officially opened the webinar by welcoming participants, facilitating introductions, outlining the objectives of the session and providing an overview of the webinar theme. She also moderated the Q & A session. Colette Olonde supported the moderation process by introducing the speakers and coordinating the closing session.

The webinar featured three expert speakers who shared insights on PMOS, hormonal health, sexual and reproductive health, relationships, body image and emotional wellbeing. Participants

also heard a lived experience testimony and reflections from SRHR Ambassadors implementing community awareness activities across various counties.

2. OBJECTIVES OF THE WEBINAR

The webinar aimed to:

- Increase awareness and understanding of PMOS.
- Promote accurate information on hormonal health and reproductive wellbeing.
- Address myths, misconceptions and stigma associated with PMOS.
- Create a platform for learning and discussion on PMOS and Sexual and Reproductive Health and Rights (SRHR).
- Amplify the voices and experiences of individuals affected by PMOS.
- Encourage early screening, diagnosis and management of the condition.
- Strengthen community awareness through the work of Jonica Foundation SRHR Ambassadors.

3. ATTENDANCE SUMMARY

A total of 28 participants attended the webinar.

Participants included:

- Jonica Foundation Chief Executive Officer – Mrs. Veronica Johnson
- Jonica Foundation Chairman – Dr. Shola Johnson
- Operations Officer – Cannon Mitoko
- Human Resource Officer – Colette Olonde
- Social Media Manager – Leah Magero
- SRHR Ambassadors from Nairobi, Kiambu, Narok and Homa Bay counties.
- Invited speakers, Ms. Hilda Richard Welle, Ms. Forbi Anna Ungeitoh, Dr. Zipporah Amecha and Emmaculate Achieng.
- Women and men interested in learning more about PMOS and hormonal health.

The attendance demonstrated strong interest in hormonal health awareness and highlighted the importance of continued conversations around PMOS and women's health.

4. SESSION PROCEEDINGS

4.1 Opening Session

The webinar commenced with welcoming remarks from Cannon Mitoko, Operations Officer, who thanked participants for joining and emphasized the importance of discussing PMOS openly to reduce stigma and improve awareness. Participants were taken through introductions, the objectives of the webinar and the significance of the theme which focused on breaking myths, amplifying women's voices and advancing hormonal health awareness.

4.2 Session 1: Understanding PMOS – What Every Woman Needs to Know

Presenter: Ms. Hilda Richard Welle

Ms. Hilda delivered a comprehensive presentation on PMOS and provided participants with foundational knowledge on the condition.

Key Discussion Areas

a. Understanding PMOS

She explained that PMOS is a hormonal condition that affects women's reproductive and overall health and can influence menstrual cycles, fertility, metabolism and emotional wellbeing.

b. Common Symptoms

Participants learned that PMOS symptoms may include:

- Irregular or absent menstrual periods.
- Weight gain or difficulty losing weight.
- Acne and oily skin.
- Excess facial and body hair growth.
- Hair thinning or hair loss.

- Fatigue and mood changes.
- Difficulty conceiving due to irregular ovulation.

c. Hormonal Changes Associated with PMOS

Ms. Hilda explained that hormonal imbalances can interfere with the normal functioning of the ovaries, affecting ovulation and menstrual regularity.

d. Diagnosis

She noted that diagnosis may involve:

- Medical history review.
- Physical examination.
- Hormonal assessments.
- Ultrasound examination where necessary.

e. Management of PMOS

Participants were informed that PMOS can be managed through:

- Healthy eating habits.
- Regular physical activity.
- Weight management where necessary.
- Stress reduction.
- Medical treatment and follow-up under healthcare professionals.

She emphasized the importance of seeking medical support early and avoiding self-diagnosis.

4.3 Session 2: Beyond the Myths – PMOS, Women's Bodies and Hormonal Health

Presenter: Ms. Forbi Anna Ungeitoh

Ms. Forbi addressed common myths, misconceptions and stigma surrounding PMOS and hormonal health.

Key Discussion Areas

a) Myths and Misconceptions

She clarified several misconceptions including:

- The belief that PMOS only affects certain groups of women.
- The assumption that all women with PMOS are infertile.
- The misconception that PMOS results from personal lifestyle choices alone.
- The belief that women living with PMOS cannot live healthy and productive lives.

b) Stigma and Social Perceptions

Ms. Forbi highlighted how stigma often prevents women from seeking help or openly discussing symptoms. She encouraged participants to challenge misinformation and create supportive environments where women feel comfortable seeking healthcare services.

c) Hormonal Health Awareness

The presentation emphasized the need for increased awareness about hormonal health and encouraged women to pay attention to changes in their bodies and seek professional guidance when necessary. Participants were reminded that access to accurate information is critical in promoting positive health outcomes and reducing stigma.

4.4 Session 3: PMOS, Sexual Health, Relationships and Body Image

Presenter: Dr. Zipporah Amecha

Dr. Zipporah discussed the relationship between PMOS, intimacy, relationships, body image, emotional wellbeing and Sexual and Reproductive Health and Rights (SRHR).

Key Discussion Areas

1) Understanding Intimacy

She explained that intimacy goes beyond sexual activity and includes:

- Emotional connection.

- Trust.
- Communication.
- Affection.
- Mutual understanding and support.

2) PMOS and Intimacy

Dr. Zipporah clarified that PMOS can affect intimacy indirectly through:

- Body image concerns.
- Hormonal symptoms.
- Mood changes.
- Fertility concerns.
- Sexual function challenges.

She noted that these factors may influence sexual confidence, desire and overall relationship satisfaction.

3) PMOS and Emotional Wellbeing

Participants learned that women living with PMOS may experience:

- Stress and anxiety.
- Reduced self-esteem.
- Emotional distress linked to symptoms and fertility concerns.
- Social pressures and stigma.

She encouraged individuals to seek emotional and psychosocial support when needed.

4) PMOS and SRHR

Dr. Zipporah emphasized that hormonal health is an important component of Sexual and Reproductive Health and Rights and highlighted the importance of ensuring women have access to information, healthcare services and supportive environments.

5. LIVED EXPERIENCE TESTIMONY

Speaker: Ms. Emmaculate Achieng

Ms. Emmaculate Achieng shared her personal experience living with PMOS and highlighted the importance of awareness creation at the community level. She explained that it was through interactions with our Homa Bay County SRHR Ambassadors that she first learned about PMOS and recognized symptoms she had previously experienced.

Her testimony demonstrated the impact of community awareness efforts and reinforced the importance of grassroots sensitization initiatives.

She encouraged participants to:

- Seek medical testing when experiencing symptoms.
- Learn more about hormonal health.
- Share accurate information within their communities.
- Continue supporting PMOS awareness initiatives.

6. REFLECTIONS FROM SRHR AMBASSADORS

SRHR Ambassadors from four counties shared their experiences conducting awareness activities within their communities.

Nairobi County – Marylyne Ekeya

Marylyne shared that through Jonica Foundation, she has gained significant knowledge on hormonal health and PMOS. She has used this information to educate peers and community members. However, she noted that misinformation remains common and that continued awareness efforts are necessary.

Kiambu County – Glorylene Mbayi

Glorylene reported that many people in her community have limited knowledge about PMOS. Through community engagement activities she has encouraged women experiencing symptoms to seek medical assessment and testing.

Narok County – Dorca Gesora

Dorca explained that awareness levels remain low in her community and that many women are hearing about PMOS for the first time. She emphasized the need for continued sensitization and community outreach.

Homa Bay County – Linn Amondi

Linn noted that awareness activities have increased community interest in learning about PMOS. She shared that many women have expressed appreciation for receiving information about a condition they previously knew little about.

Kilifi County

The Kilifi County Ambassadors were absent from the webinar.

7. QUESTION AND ANSWER SESSION

This session was moderated by Cannon, participants actively engaged with the speakers and sought clarification on several issues related to PMOS.

Question 1: Can PMOS cause infertility? – Joan

Response:
The speakers explained that PMOS can affect ovulation and fertility; however, it does not automatically result in infertility. Many women living with PMOS are able to conceive naturally or with appropriate medical support and treatment.

Question 2: What is the difference between PMOS and PMS? – Vivian

Response:
The speakers clarified that PMS (Premenstrual Syndrome) refers to symptoms experienced before menstruation such as mood changes, fatigue and cramps. PMOS on the other hand is a hormonal condition that affects reproductive and overall health over a longer period.

Question 3: How and where can someone seek help for PMOS? – Galyne

Response:
Participants were advised to seek support from qualified healthcare professionals, reproductive health specialists, gynecologists and accredited healthcare facilities for diagnosis, treatment and ongoing management.

Question 4: How can PMOS be managed? – Colette

Response:
The speakers highlighted management approaches including healthy nutrition, regular physical activity, stress management, maintaining a healthy lifestyle and following medical advice provided by healthcare professionals.

Question 5: How can a sexual partner support someone living with PMOS? – Simeon

Response:
The speakers emphasized the importance of emotional support, patience, understanding, open communication and encouraging healthcare seeking behavior. Partners play a critical role in creating supportive environments that promote emotional wellbeing and confidence.

The participation of male attendees in the discussion highlighted the importance of involving men in conversations surrounding hormonal health and women's wellbeing.

8. KEY OUTCOMES

The webinar achieved several important outcomes:

- Successfully reached 28 participants with information on PMOS and hormonal health.
- Increased awareness of PMOS symptoms, diagnosis and management options.
- Addressed common myths and misconceptions surrounding PMOS.
- Promoted conversations on hormonal health, SRHR, body image, relationships and emotional wellbeing.
- Provided a platform for expert engagement and learning.
- Amplified lived experiences and community voices.
- Highlighted the impact of SRHR Ambassador awareness activities across counties.
- Encouraged early screening, diagnosis and healthcare seeking behavior.
- Strengthened community understanding of PMOS and related health issues.

9. CONCLUSION

The PMOS Awareness Webinar successfully provided participants with practical and evidence-based knowledge on PMOS, hormonal health, sexual and reproductive health, relationships, body image and emotional wellbeing.

The expert presentations, lived experience testimony, ambassador reflections and interactive discussions created a valuable learning platform that empowered participants with information and encouraged open dialogue about PMOS.

The webinar further demonstrated the importance of continued awareness creation, community engagement and access to accurate health information in reducing stigma and supporting women living with PMOS.

The session concluded with closing remarks coordinated by Colette who thanked the speakers, participants, SRHR Ambassadors and the Jonica Foundation team for their contributions and participation in making the webinar a success.