



This month's newsletter is full of important education on women's health topics that are closely connected.

This week on [Facebook](#) & [Instagram](#), We've been sharing educational content on important women's health topics, including **Gynecologic Cancer**, **PCOS**, and **Perimenopause**.

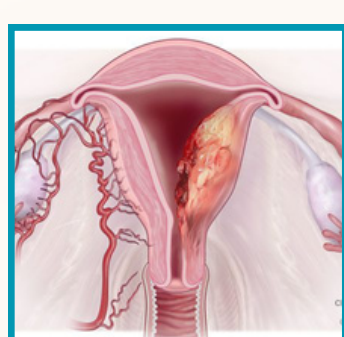
Two key dates are also highlighted this month: **National HIV/AIDS & Aging Day** on September 18th & **World Contraception Day** on September 26th.

Gynecologic Cancer Awareness Month is a vital reminder to educate ourselves on prevention, and treatment. By increasing our understanding, we can champion better health outcomes.

THE AMERICAN CANCER SOCIETY'S ESTIMATES FOR 2025 IN THE UNITED STATES ARE:

- **CERVICAL CANCER:** ABOUT 13,360 NEW CASES WILL BE DIAGNOSED.
- **UTERINE CANCER:** ABOUT 69,120 NEW CASES OF CANCER OF THE UTERUS WILL BE DIAGNOSED.
- **OVARIAN CANCER:** ABOUT 20,890 WOMEN WILL BE DIAGNOSED WITH OVARIAN CANCER.
- **VAGINAL AND VULVAR CANCERS:** THESE ARE RARE, WITH VAGINAL CANCER MAKING UP ABOUT 1% OF ALL GYNECOLOGIC CANCERS.

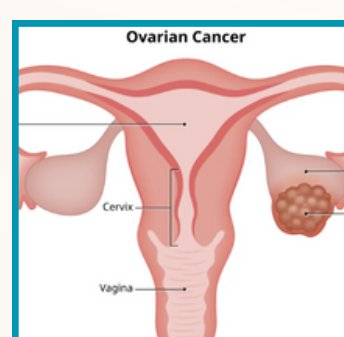
A universal screening test does not exist for every type, regular health screenings, understanding your **family history**, and **knowing the symptoms** are crucial for early detection.



Uterine Cancer



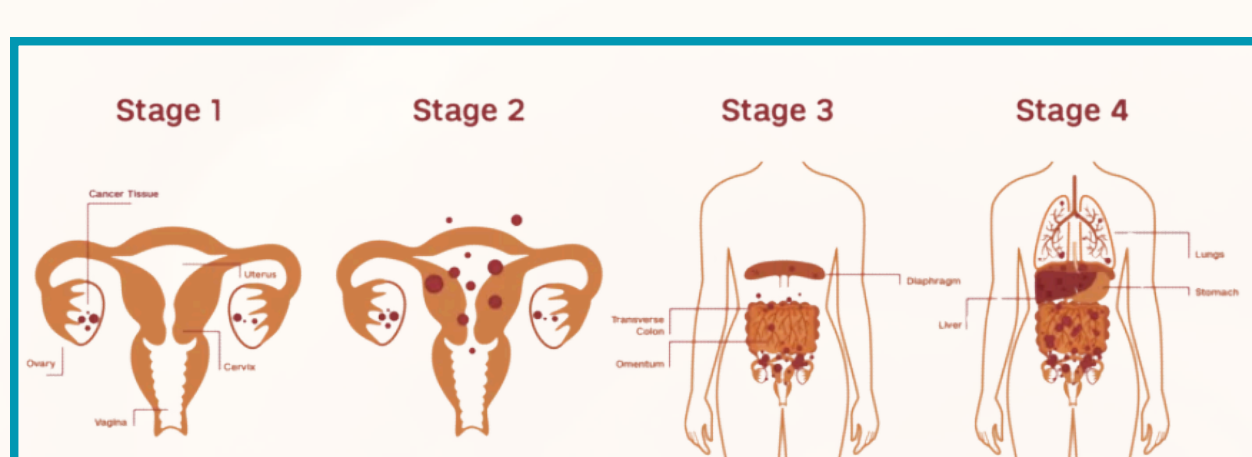
Cervical Cancer



Ovarian Cancer

Unmasking the Silent Killer: Ovarian Cancer Awareness Month

This month, we bring attention to ovarian cancer often called the **"silent killer"** because its symptoms can be subtle and easy to overlook.

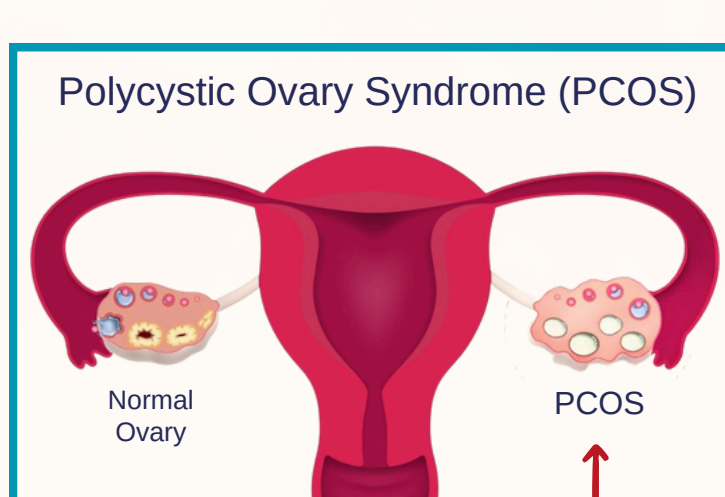


Ovarian cancer develops in the ovaries and fallopian tubes and can cause **persistent bloating**, **abdominal or pelvic pain**, **abnormal bleeding**, and **frequent urination**.

While the exact cause is unknown, factors such as age, family history, and certain genetic mutations (like **BRCA1** and **BRCA2**) can increase risk.

Breaking the Silence on PCOS: Understanding the 1 in 10 Women Affected

Polycystic Ovary Syndrome (PCOS) is a common hormonal condition that affects nearly **1 in 10 women** of reproductive age, yet many remain undiagnosed.



Symptoms such as **irregular periods**, **acne**, **excess hair growth**, and **weight challenges** can impact daily life and long-term health.

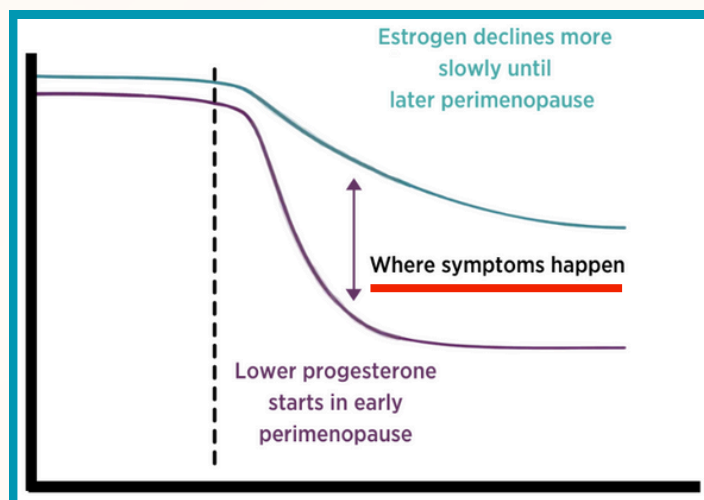
Though PCOS cannot always be prevented, **regular exercise** and **balanced nutrition** are proven ways to help regulate hormones

According to the **National Institutes of Health (NIH)**, PCOS affects between **5–15% of women** of reproductive age in the US. This translates to approximately **5 to 6 million women** grappling with the condition.

Navigating the Change: Empowering Women Through Perimenopause Awareness

Perimenopause is the natural transition leading up to menopause, often **beginning in a woman's 40s** but sometimes starting earlier.

*Perimenopause happens as the ovaries produce **less estrogen and progesterone**, causing the physical and emotional changes of this stage.*



Many women experience **hot flashes, night sweats, mood swings, irregular cycles, and sleep disturbances.**

Dr. Hammoud and **Sarah** are **Certified Menopause Practitioners**, dedicated to guiding you with expertise and compassion through every stage of this transition.

Schedule your appointment today!

National HIV/AIDS & Aging Awareness Day

SEPTEMBER 18



World Contraception Day

SEPTEMBER 26



*It highlights the **importance of regular testing**, ongoing care, and breaking the stigma surrounding **HIV**, especially in aging populations.*

*Access to **safe, effective, and affordable contraceptives** empowers individuals to take control of their **reproductive health**.*

We're Here for You!

*Our office is open **Monday** through **Friday**, from **8:00 AM to 4:00 PM**, to provide compassionate, expert care for all your women's health needs.*

Dr. Nadine Hammoud

Gynecology and Women's Health Specialist
Minimally Invasive Gynecology Surgery
Certified Menopause Practitioner



Sarah Coleman

Certified Women's Health Nurse Practitioner
Certified Menopause Practitioner



🌟 Celebrating One Year! 🌟

We proudly recognize **April**, our office manager, for completing one year of dedicated service. Her commitment and professionalism have greatly benefited our patients and team.



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Your Care, One Click Away ➡
We Offer Virtual Visits