



Smiles from our team: **Dr. Hammoud** (left) and **Sarah** (right), committed to caring for you with **expertise** and **compassion**.

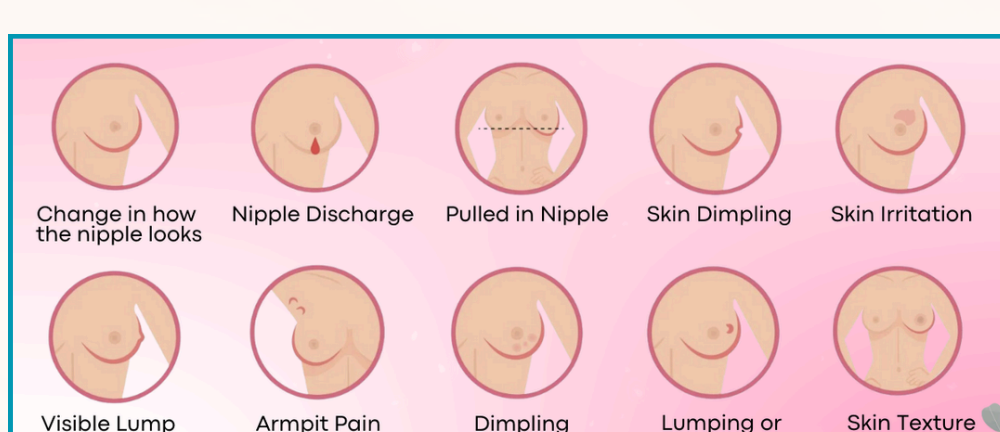
Welcome Back!

October marks **Breast Cancer Awareness Month**. A powerful reminder to prioritize your breast health and encourage the people you love to do the same.



Breast cancer is one of the most common cancers among women. Awareness means more than **pink ribbons**. It's about taking action and knowing your body.

Breast awareness means noticing changes like **lumps**, **swelling**, or **skin differences**. Along with mammograms and screenings, it's a key step in protecting your health.



Know your normal — pay attention to changes in **size**, **shape**, or **feel**, and don't ignore lumps, pain, or skin changes.

Here's what you need to know about Breast Cancer:

What It Is

Breast cancer develops when **abnormal cells in the breast grow uncontrollably**. It is one of the most **common cancers among women**, but early detection greatly improves outcomes.

Signs to Look For

- A new lump in the breast or underarm
- Swelling or thickening of part of the breast
- Changes in breast size, shape, or appearance
- Skin changes such as dimpling or redness
- Nipple changes or discharge

Screening & Prevention

- **Women age 40+** should talk with their provider about mammograms.
- **Practice breast self-awareness:** know what's normal for you and report changes early.
- **Healthy lifestyle choices** — like regular exercise and limiting alcohol — can also lower risk.

Lifestyle Factors That May Increase Breast Cancer Risk:

- Obesity
- Lack of physical activity
- Alcohol consumption
- Smoking

Dietary Factors That May Increase Breast Cancer Risk:

- High intake of saturated and trans fats
- Low intake of fruits and vegetables
- Excess processed or red meat consumption
- Low intake of dietary fiber

Top 5 Things to Know About Breast Cancer Health:

- **Early Detection Saves Lives** — Screenings and mammograms help catch breast cancer when it's most treatable.
- **Lifestyle Matters** — Maintaining a healthy weight, exercising regularly, limiting alcohol, and not smoking can help lower risk.
- **Know Your Normal** — Know how your breasts normally look and feel, and report changes like lumps, swelling, or skin differences.
- **It Can Affect Men Too** — While rare, men can also develop breast cancer, so awareness is important for everyone.
- **Survival Rates Are Rising** — Over 4 million breast cancer survivors live in the U.S. today, thanks to early detection and better treatments.

About **1 in 8 women** will face a breast cancer diagnosis in her lifetime, and in 2025 alone, an estimated **300,000 new cases** of invasive breast cancer and **56,000 non-invasive cases** are expected in women nationwide.

Want to learn more about **Gynecological Health**? Visit us on **Facebook** and **Instagram** for more educational content.

EVENTS & SPECIAL OCCASSIONS



We're excited to celebrate our **Nurse Practitioner, Sarah**, on her birthday this **October 5**! As we honor this special day, we also want to remind you that she is accepting new patients and remains dedicated to providing compassionate care to our community.

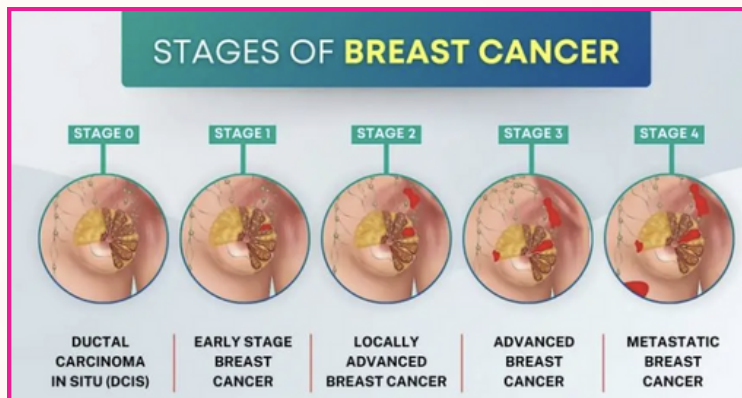
International Day of the Girl (Oct. 11)

This day recognizes the **rights of girls and the challenges they face**, highlighting the need for empowerment through education, healthcare, and equal opportunities.

By supporting girls today, we help build stronger, more equitable communities for the future.

Metastatic Breast Cancer Awareness Day (Oct. 13)

Metastatic breast cancer is stage IV breast cancer, which means it has spread beyond the breast to other parts of the body such as the bones, lungs, liver, or brain. While it isn't curable, treatments can help manage the disease, improve quality of life, and extend survival.



National Mammography Day (Oct. 17)

Observed every **third Friday in October**, **National Mammography Day** reminds us of the importance of regular screenings. Mammograms can detect cancer early, often before symptoms, making treatment more effective and saving lives.


World Menopause Day (Oct. 18)

World Menopause Day raises awareness of the changes women experience during menopause and promotes education, support, and open conversations to empower women in managing their health.



See what our patients are saying! **Check out reviews** from those who have trusted us with their care.

PATIENT'S REVIEW




DR. NADINE HAMMOUD
★★★★★

Amazing doctor she goes through everything and take care of everything it's very hard those days to find a doctor that care 10/10 I will recommend her.

MAKE AN APPOINTMENT TODAY!

703.844.0171 Elitegynecologycenter.com

PATIENT'S REVIEW



SARAH COLEMAN, NP
★★★★★

I came to this practice specifically because Sarah moved to this practice. I told her that the office staff was very friendly and it was clean and welcoming.


MAKE AN APPOINTMENT TODAY!

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Curious to learn more about **Perimenopause and Menopause**? Click **here** to watch our recent **DC news interview**, where **Dr. Hammoud** shares insights on recognizing the *transition, common questions*, and *ways to manage symptoms* with confidence.

Doctor discusses perimenopause, menopause


Susan Tran and Kaitlyn Dillon5 days ago




WASHINGTON (**DC News Now**) — From head to toe, that's how perimenopause and menopause can impact your body.

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.

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Your Care, One Click Away 

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