

December NEWSLETTER



Celebrating Excellence: Dr. Nadine Hammoud Named a Washingtonian Top Doctor for 2025

Nadine Hammoud, MD, FACOG, NCMP
Top Doctor 2025 | Gynecology
ELITE GYNECOLOGY CENTER

Dr. Nadine Hammoud MD, FACOG, NCMP is a Board-Certified Gynecologist, Minimally Invasive Surgeon and Certified Menopause Professional with special interest in promoting women's health and wellness. The practice offers a wide range of services, including routine gynecological exams, contraceptive counseling, and treatment for a variety of gynecological conditions. We understand that every woman's healthcare needs are unique, and Dr. Hammoud works closely with her patients to develop personalized plans that meet their individual health needs and goals. She believes that open communication and patient education are essential to providing the highest quality of care.

SPECIALIZATION
Preventative exams/screening, wide range of gynecological conditions, hormonal disorders (PCOS, menopause/HRT), minimally invasive/office procedures.

DESIGNATIONS, AFFILIATIONS, and AWARDS
"Top Doctor Award" in Gynecology and Women's health specialist;
"Certified Menopause Practitioner"
"Exceptional Women in Healthcare"

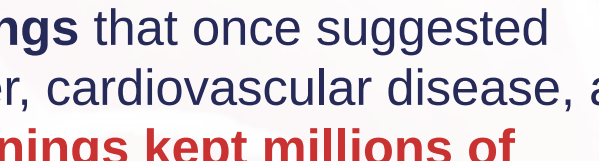
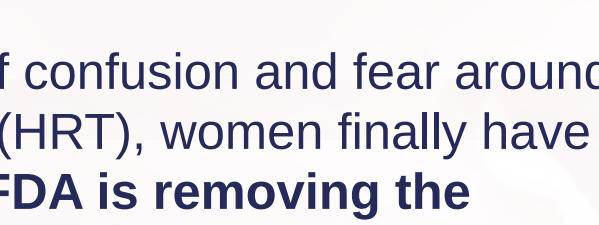
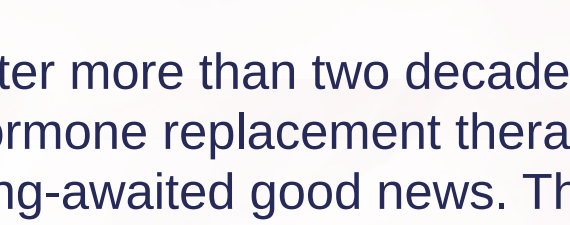
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We are proud to share that **Dr. Nadine Hammoud has once again been recognized as one of Washingtonian's Top Doctors for 2025!** Each year, the Washingtonian publishes its highly respected **Top Doctors** issue, an exclusive list created through peer nominations and rigorous evaluation to help patients find the most trusted physicians in the region.

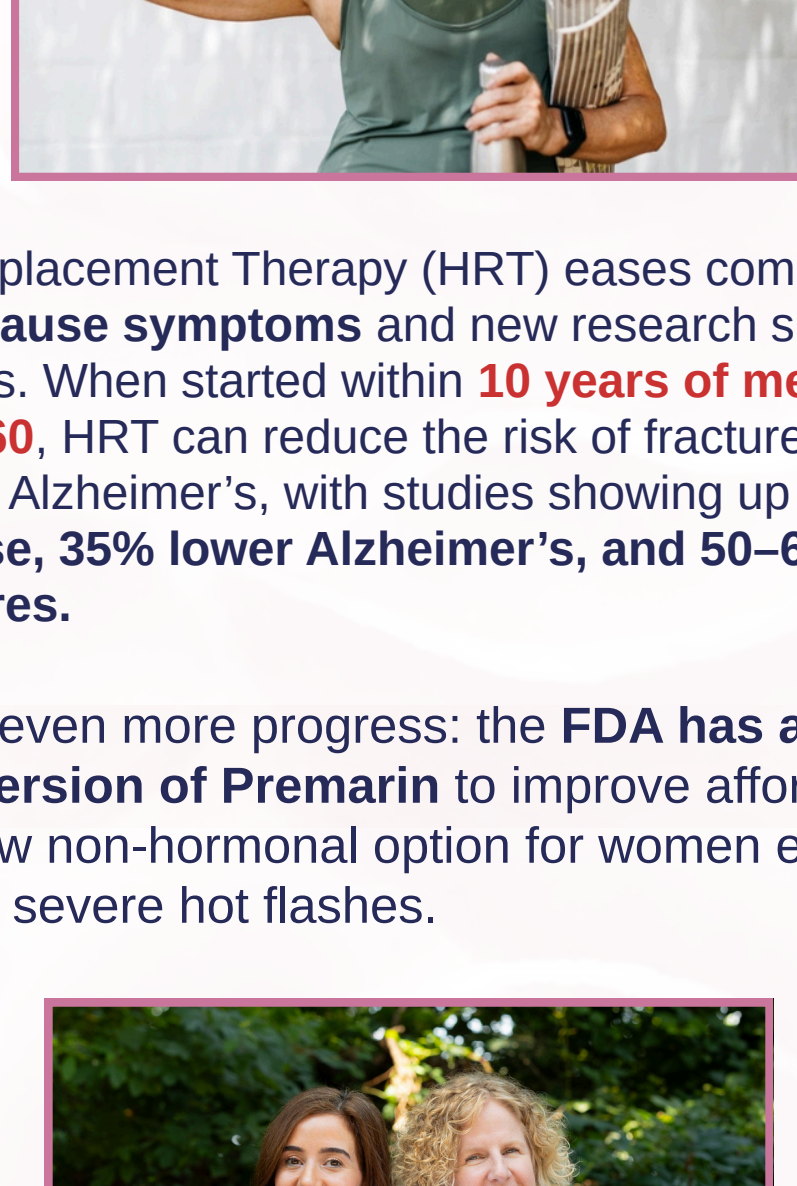
Being selected among this distinguished group is an honor, and **Dr. Hammoud** is grateful to be recognized again. Her dedication to women's health, evidence-based care, and compassionate approach continue to set her apart.

Please join us in congratulating **Dr. Nadine Hammoud** for this well-deserved recognition!

December Spotlight: A Major Win for Women's Health

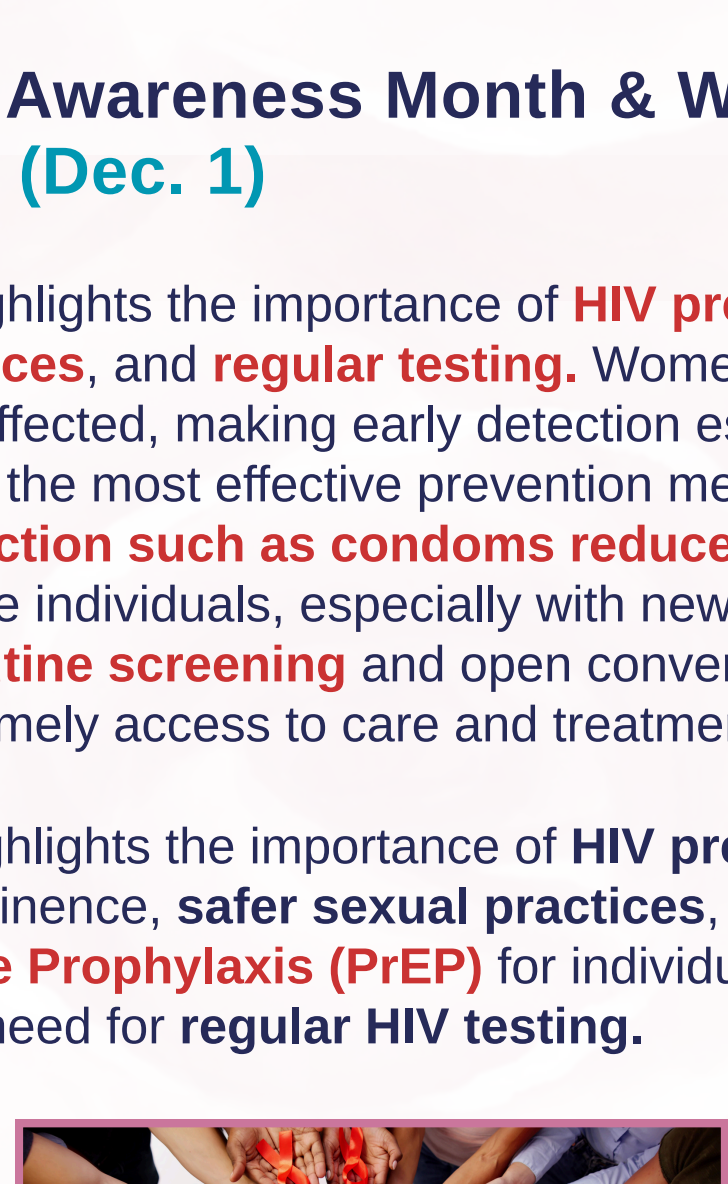


After more than two decades of confusion and fear around hormone replacement therapy (HRT), women finally have long-awaited good news. The **FDA is removing the misleading 'black box' warnings** that once suggested increased risks of breast cancer, cardiovascular disease, and dementia. These outdated **warnings kept millions of women from treatments that could greatly improve their health and quality of life.**



Hormone Replacement Therapy (HRT) eases common **peri- and post-menopause symptoms** and new research shows even more benefits. When started within **10 years of menopause or before age 60**, HRT can reduce the risk of fractures, heart disease, and Alzheimer's, with studies showing up to **50% lower heart disease, 35% lower Alzheimer's, and 50-60% fewer bone fractures.**

And there's even more progress: the **FDA has also approved a generic version of Premarin** to improve affordability, as well as a new non-hormonal option for women experiencing moderate to severe hot flashes.



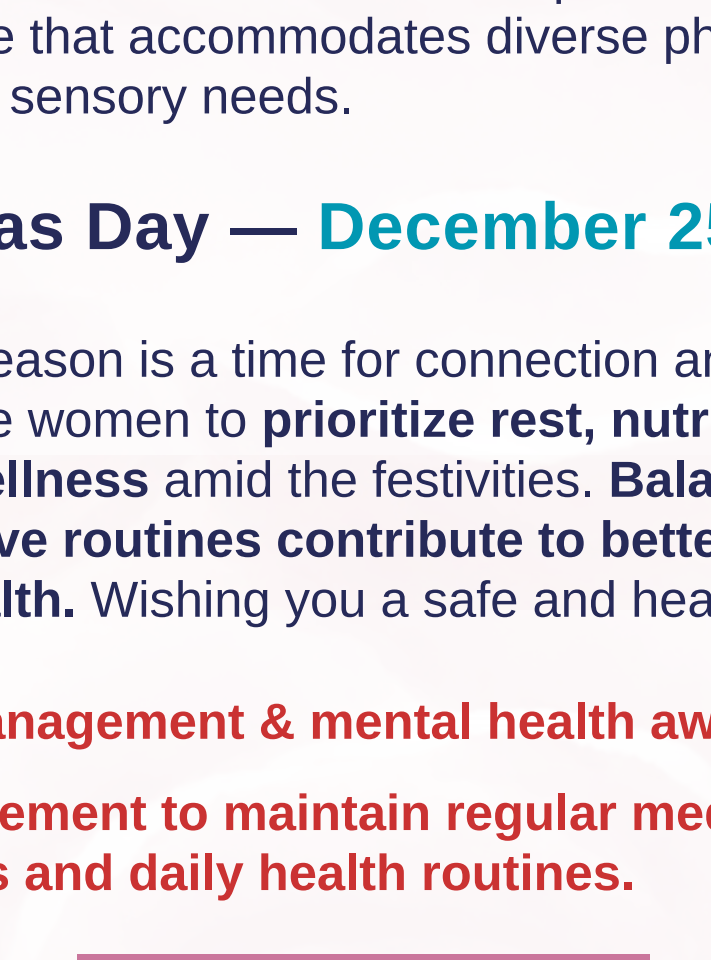
The best part?

You don't have to navigate this alone. **Dr. Nadine Hammoud**, and **Sarah Coleman, WHNP** are both **Certified Menopause Practitioners** who specialize in guiding women through treatment options safely and confidently.

HIV/AIDS Awareness Month & World AIDS Day (Dec. 1)

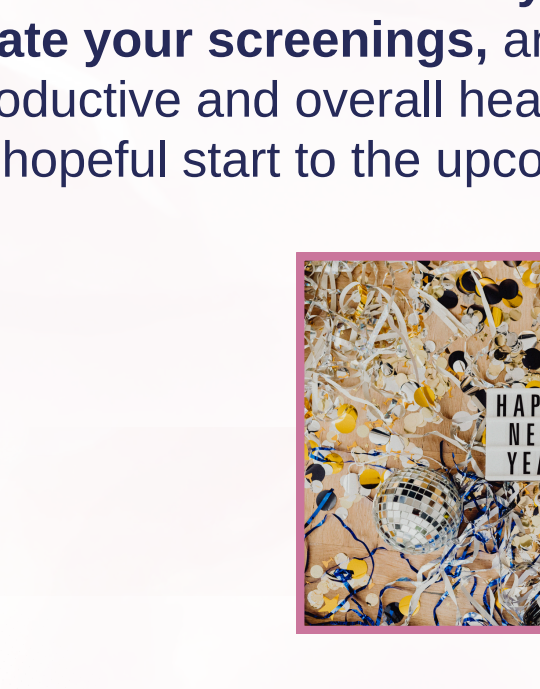
December highlights the importance of **HIV prevention, safe sexual practices**, and **regular testing**. Women remain significantly affected, making early detection essential. Abstinence is the most effective prevention method, while **barrier protection such as condoms reduces risk** for sexually active individuals, especially with new or multiple partners. **Routine screening** and open conversations about risk support timely access to care and treatment.

December highlights the importance of **HIV prevention**, including abstinence, **safer sexual practices**, the use of **Pre-exposure Prophylaxis (PrEP)** for individuals at higher risk, and the need for **regular HIV testing**.



National Influenza Vaccination Week (Dec. 1-5)

The flu can cause severe illness, particularly in individuals with **chronic health conditions**. National Influenza Vaccination Week highlights the **importance of annual vaccination** as the most effective protection. Staying up to date on flu immunization helps reduce complications and supports overall health during the winter season.



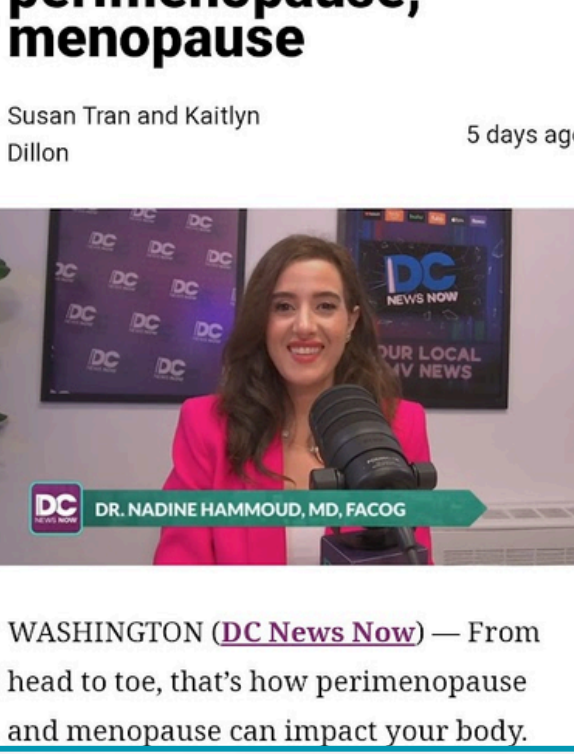
International Day of Persons with Disabilities (Dec. 3)

This global observance promotes **inclusion, accessibility**, and **equitable healthcare for individuals with disabilities**. It serves as a reminder of the need for patient-centered, respectful care that accommodates diverse physical, cognitive, and sensory needs.

🎄 Christmas Day — December 25

The holiday season is a time for connection and reflection. We encourage women to **prioritize rest, nutrition, and emotional wellness** amid the festivities. **Balanced choices and supportive routines contribute to better reproductive & overall health.** Wishing you a safe and healthy Christmas.

- **Stress management & mental health awareness**
- **Encouragement to maintain regular medication schedules and daily health routines.**



🌟 New Year's Eve — December 31

As we welcome a new year, it is an ideal time to plan for preventive care. **Schedule your annual gynecologic visit, update your screenings**, and take steps toward improving reproductive and overall health. We wish you a healthy and hopeful start to the upcoming year.



Thanksgiving Potluck Highlights 🍁

A snapshot from our **Thanksgiving potluck** — celebrating gratitude, community, and togetherness as we head into the holiday season.

Want to Become a Patient? Join Our Patient Portal!

Elite Gynecology Center has a patient portal for new patients. If you or your loved ones are interested in being seen by our providers, visit our **patient portal**. You will be redirected to our website, where you can fill out the form to request an appointment.

We look forward to welcoming you and helping you take charge of your health!

📰 Exciting News!

We were recently featured on **DC News**, where we shared valuable insights about **Perimenopause** and **Menopause**. Click the **link** to watch the full interview and learn more about these important topics in women's health and wellness.

Doctor discusses perimenopause, menopause

Susan Tran and Kaitlyn Dillon 5 days ago

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

Learn more about Gynecological Health!

Follow us on [Facebook](#) and [Instagram](#) for reliable information, wellness guidance, and updates from our care team.

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

We Offer Virtual Visits