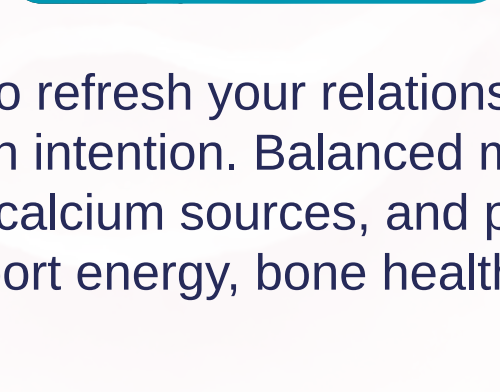
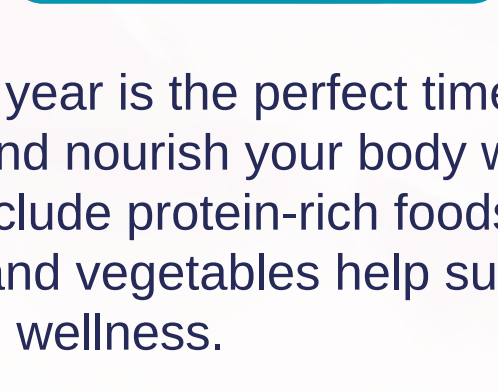


# January NEWSLETTER

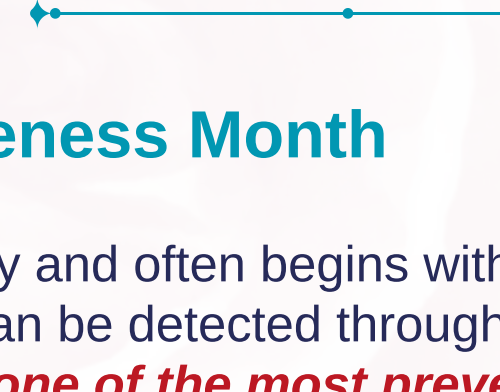
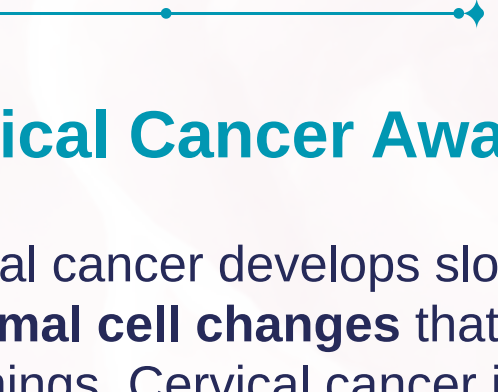


**Happy January! A new chapter focused on healthier habits, smarter choices, and intentional living.**

January marks a fresh start and an opportunity to refocus on women's health and well-being. Building healthy routines and making informed choices can support hormonal balance, reproductive health, and preventive care. This month is a reminder that caring for your body today supports a healthier future.



A new year is the perfect time to refresh your relationship with food and nourish your body with intention. Balanced meals that include protein-rich foods, calcium sources, and plenty of fruits and vegetables help support energy, bone health, and overall wellness.



## Cervical Cancer Awareness Month

Cervical cancer develops slowly and often begins with **abnormal cell changes** that can be detected through routine screenings. Cervical cancer is **one of the most preventable cancers** when detected early through regular screenings and proactive health choices. Understanding the role of **Pap smears**, **HPV testing**, and **preventive care** empowers women to take an active role in protecting their reproductive health.



*Consistent screenings and listening to your body can help catch cervical cancer early, before it becomes more serious.*

### What every woman should know:

- ◆ Cervical cancer is most commonly caused by the **human papillomavirus (HPV)**, a very common virus.
- ◆ Regular **Pap smears** and **HPV testing** can detect abnormal cervical changes early—often before cancer develops.
- ◆ Early-stage cervical cancer **often has no symptoms**, which makes routine screenings especially important.

### Prevention starts with simple steps:

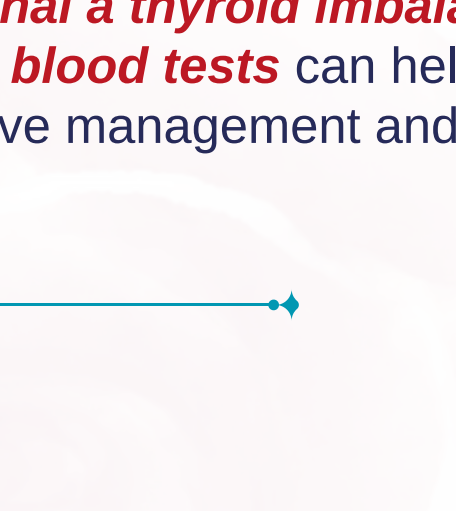
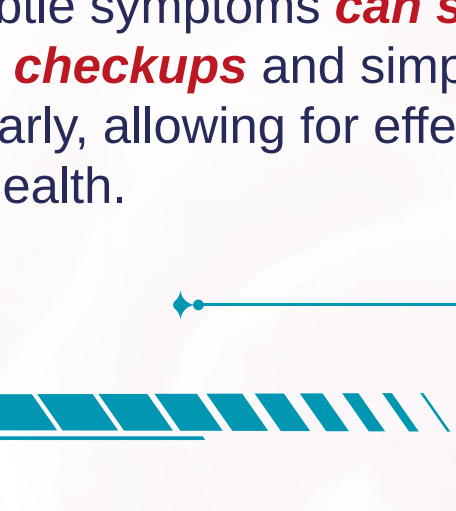
**Routine gynecologic exams**, **up-to-date screenings**, and **healthy lifestyle choices** help reduce risk. Early detection saves lives and empowers women to take control of their reproductive health.

## Thyroid Awareness Month

The thyroid is a small, butterfly-shaped gland in the neck that plays a major role in **regulating metabolism**, **energy levels**, **heart rate**, and **hormone balance**. Thyroid disorders—such as **hypothyroidism** and **hyperthyroidism**—are especially common in women and often go undiagnosed because symptoms can be mistaken for everyday stress or aging.

### Symptoms to watch for:

- ◆ Fatigue or low energy
- ◆ Unexplained weight gain or loss
- ◆ Hair thinning or brittle hair
- ◆ Irregular periods or menstrual changes
- ◆ Mood swings, anxiety, or depression



Even subtle symptoms **can signal a thyroid imbalance**. **Routine checkups** and simple **blood tests** can help detect issues early, allowing for effective management and better overall health.

## January Health Highlights & Special Observances

### 🇺🇸 National Pharmacist Day (Jan. 12)

Celebrate the important role pharmacists play in supporting your health. They guide **proper medication use**, **identify potential drug interactions**, and **provide advice for managing chronic conditions**—making them key partners in your wellness journey.

### 🇺🇸 National Healthy Weight Week (Jan. 18 - 24)

This week encourages balanced nutrition, regular physical activity, and sustainable lifestyle habits. Focusing on **healthy weight supports hormone balance**, **heart health**, and **overall well-being**, especially for women. Small, consistent changes can make a lasting impact.

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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## 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!

**WOMEN'S WEDNESDAY**

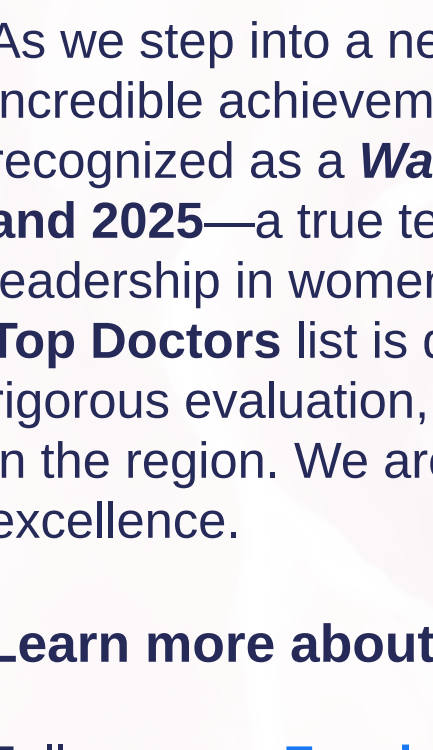
**Women's Wednesday | Treating perimenopause symptoms**

**WASHINGTON (DC News Now)** — This week's Women's Wednesday on DC News Now focuses on managing perimenopause and menopause symptoms with insights from a gynecologist.

DC News Now's Susan Tran spoke with Dr. Nadine Hammoud, a gynecologist and Certified Menopause Practitioner, about the options available for treating symptoms associated with perimenopause and menopause.

**Dr. Hammoud** was invited to **DC News** for an interview—marking her second feature—where **she shared expert insights on perimenopause and the role of Hormone Replacement Therapy (HRT)** in women's health. Click the [link](#) to watch the full interview and learn more about navigating hormonal changes with confidence.

## New Year, Continued Excellence! 🎉



**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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Annandale, VA 22203 | 703.844.0171  
[myprivia.com/elitegynecologycenter](#)

As we step into a new year, we're proud to celebrate an incredible achievement. **Dr. Nadine Hammoud** was recognized as a **Washingtonian Top Doctor** in both **2024 and 2025**—a true testament to her dedication, expertise, and leadership in women's health. Each year, the **Washingtonian Top Doctors** list is determined through peer nominations and rigorous evaluation, spotlighting the most trusted physicians in the region. We are honored to celebrate this continued excellence.

## 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