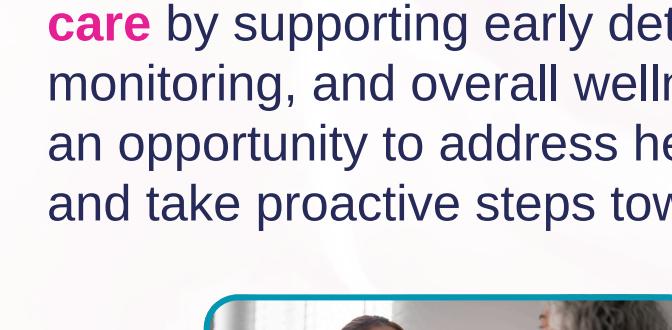


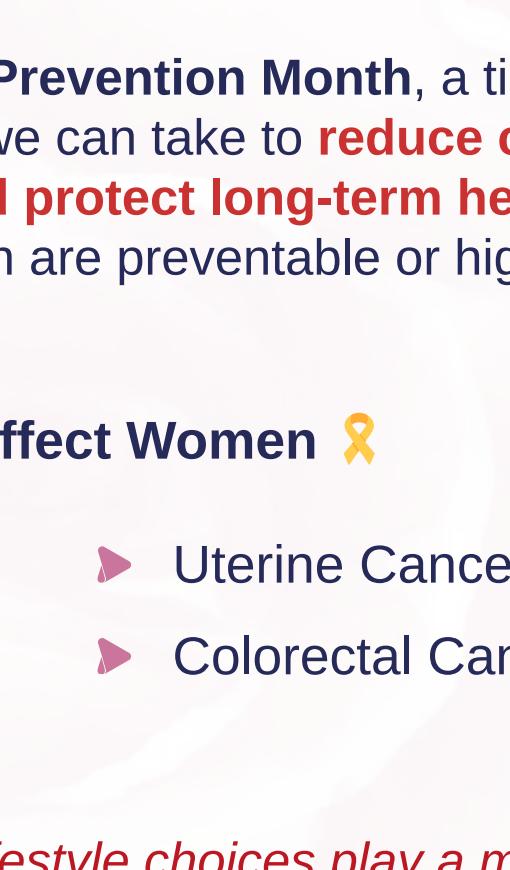
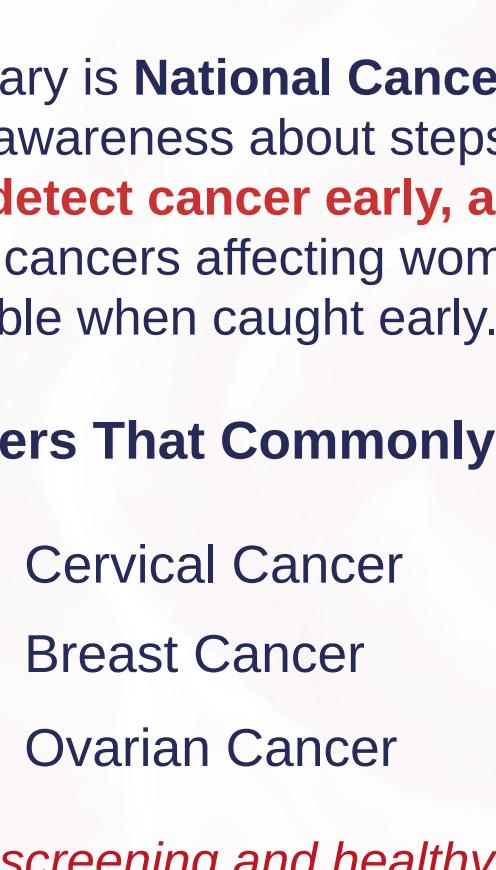
The logo for Elite Gynecology Center. It features a stylized graphic of a flower or leaves in green and yellow on the left. To the right of the graphic, the word "ELITE" is in a large, bold, black sans-serif font. Below "ELITE", the words "GYNECOLOGY" and "CENTER" are stacked in a smaller, black, all-caps sans-serif font. A thin horizontal line extends from the bottom of "GYNECOLOGY" to the right.



Routine **pelvic exams are important** not only for cancer screening but also for evaluating reproductive health, identifying infections or abnormalities, and addressing symptoms such as pain or menstrual changes.

Hormonal Health Across Life

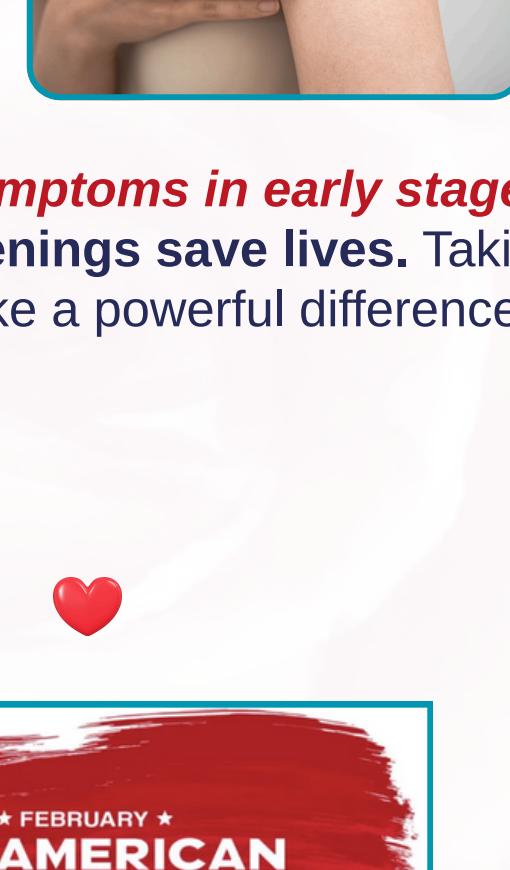
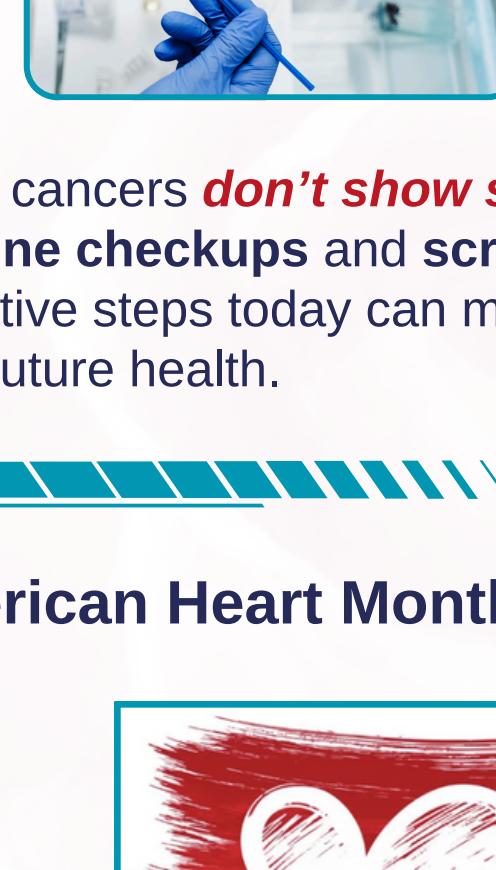
40s, and 50s, influencing menstrual cycles, energy levels, mood, and overall health. Understanding these shifts allows for early **recognition of symptoms** and **informed decisions** to support long-term wellness.



Key Cancer Prevention Steps for Women

- ▶ Pap smear & HPV testing
- ▶ Mammograms
- ▶ Pelvic Exams
- ▶ Colorectal Screening





Heart disease is the **leading cause of death** in the United States.

regular checkups and awareness of symptoms essential. This February, take steps to **protect your heart**—know your numbers, maintain a healthy lifestyle, and discuss any concerns with your healthcare provider.

National Women Physicians Day (Feb. 03)

This February, we honor **National Women Physicians Day**. A moment to recognize the dedication, expertise, and compassion of women doctors who make a difference every day. We're proud to highlight **Dr. Nadine Hammoud**, whose commitment to women's health inspires her patients and the medical community alike.



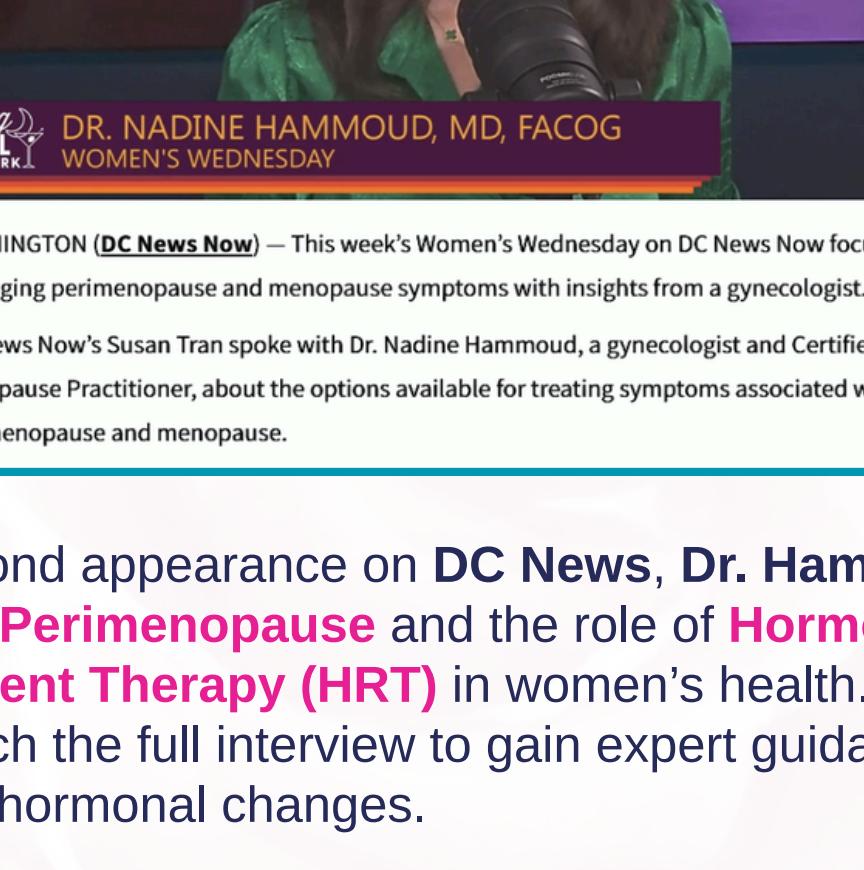
Using condoms consistently helps prevent **STIs** and **unintended pregnancies**—an important step in control of your reproductive health.

edirected 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!

WOMEN'S WEDNESDAY

Women's Wednesday | Treating perimenopause symptoms



Continued Excellence in Women's Health ✨



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

