

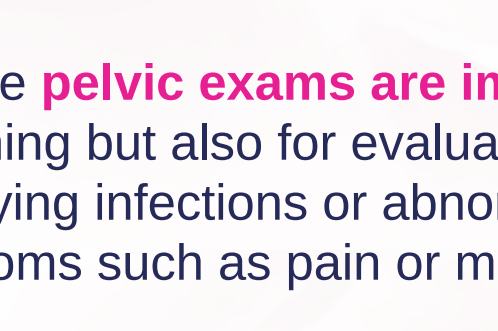
# February NEWSLETTER



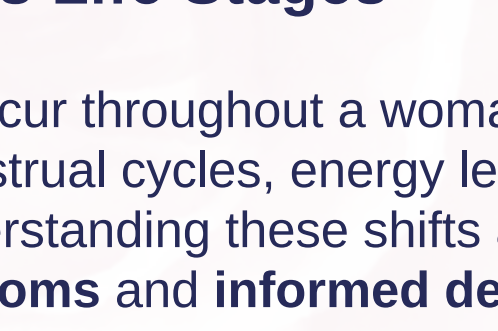
**Happy February! A fresh focus on women's health, preventative care, and loving your body through every stage.**

## Preventive Gynecologic Care

Annual well-woman exams play a **vital role in preventive care** by supporting early detection, reproductive health monitoring, and overall wellness. These routine visits provide an opportunity to address health changes, discuss concerns, and take proactive steps toward long-term health.

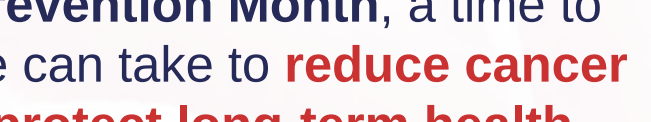
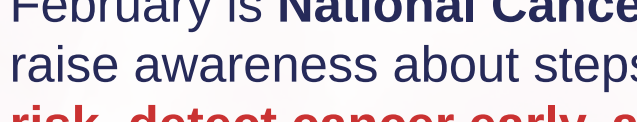
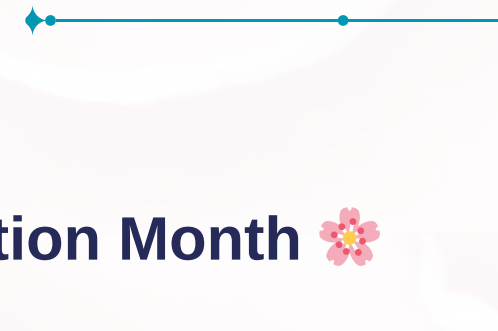


Routine **pelvic exams are important** not only for cancer screening but also for evaluating reproductive health, identifying infections or abnormalities, and addressing symptoms such as pain or menstrual changes.



## Hormonal Health Across Life Stages

Hormonal changes naturally occur throughout a woman's **30s, 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.



## National Cancer Prevention Month 🌸

February is **National Cancer Prevention Month**, a time to raise awareness about steps we can take to **reduce cancer risk, detect cancer early, and protect long-term health**. Many cancers affecting women are preventable or highly treatable when caught early.

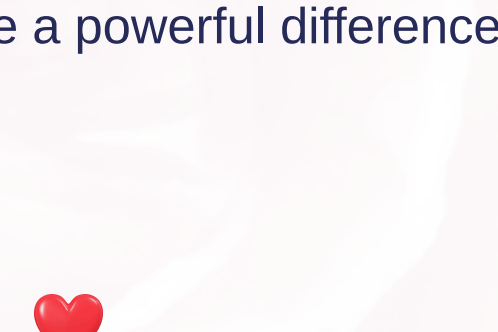
### Cancers That Commonly Affect Women 🧡

- ▶ Cervical Cancer
- ▶ Breast Cancer
- ▶ Ovarian Cancer
- ▶ Uterine Cancer
- ▶ Colorectal Cancer

*Early screening and healthy lifestyle choices play a major role in prevention.* —————

### Key Cancer Prevention Steps for Women 🩺

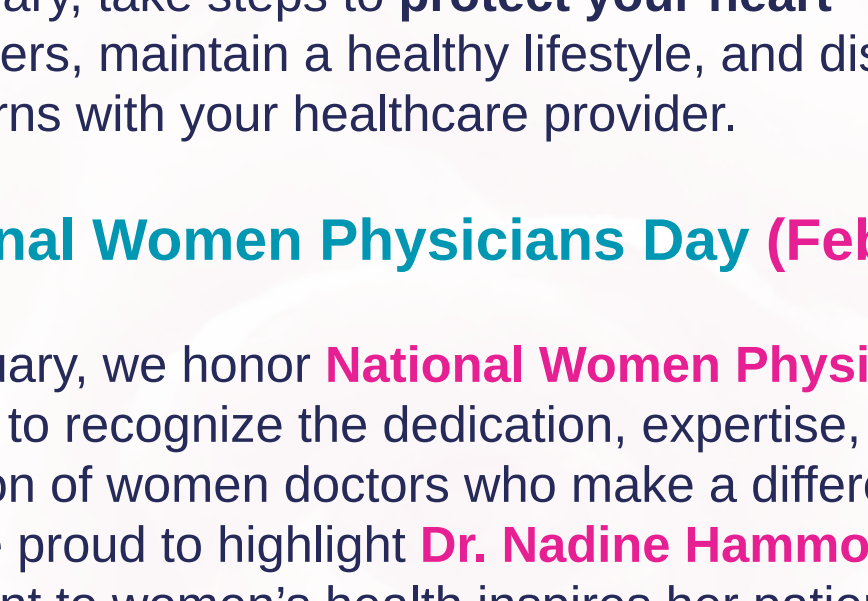
- ▶ Pap smear & HPV testing
- ▶ Mammograms
- ▶ Pelvic Exams
- ▶ Colorectal Screening



Many cancers **don't show symptoms in early stages**. **Routine checkups and screenings save lives**. Taking proactive steps today can make a powerful difference in your future health.



## American Heart Month ❤️

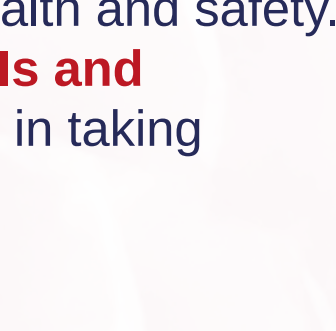
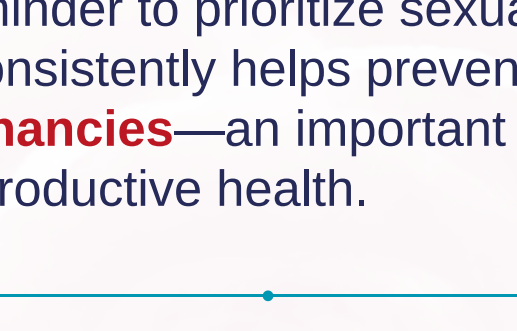


Heart disease is the **leading cause of death in women?** Pregnancy can increase cardiovascular risks, making regular checkups and awareness of symptoms essential.

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.

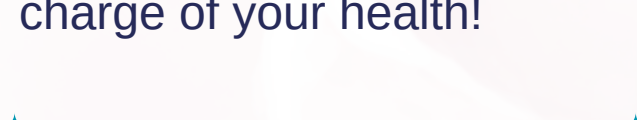
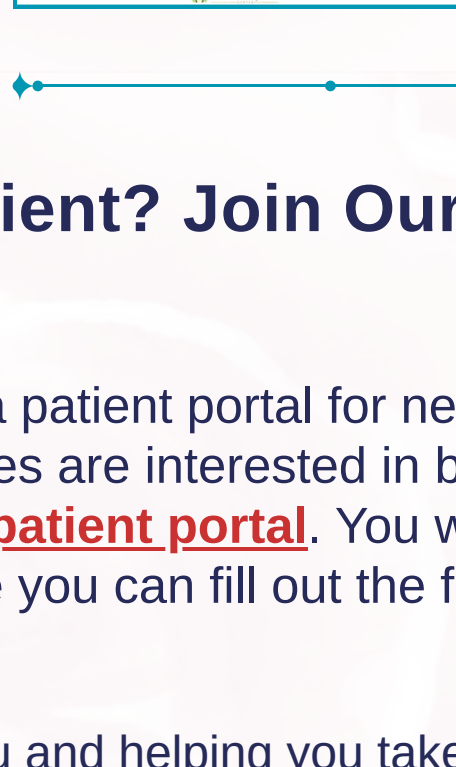


## 🇺🇸 National Condom Week (Feb. 14-21)

This week is a reminder to prioritize sexual health and safety. Using condoms consistently helps prevent **STIs and unintended pregnancies**—an important step in taking control of your reproductive health.



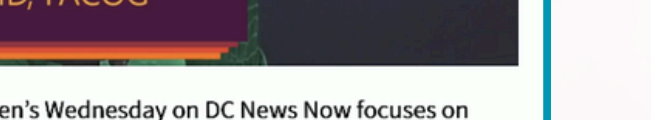
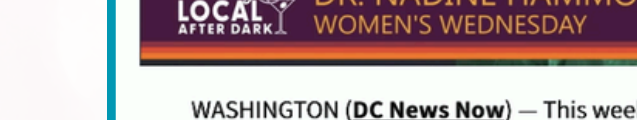
See what our patients are saying! **Check out reviews** from those who have trusted us with their care. ★



## 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 Pan spoke with Dr. Nadine Hammoud, a gynecologist and Certified Menopause Practitioner, about the options available for treating symptoms associated with perimenopause and menopause.

In her second appearance on **DC News**, **Dr. Hammoud** discussed **Perimenopause** and the role of **Hormone Replacement Therapy (HRT)** in women's health. Click this **link** to watch the full interview to gain expert guidance on managing hormonal changes.

## Continued Excellence in Women's Health ✨

**Nadine Hammoud, MD, FACOG, NCMP**

Top Doctor 2025 | Gynecology

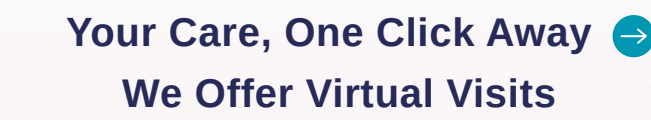
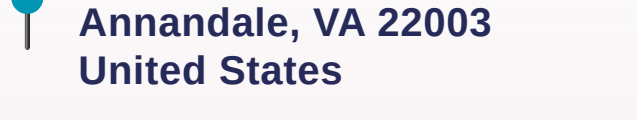
**ELITE GYNECOLOGY CENTER**

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"  
3301 Woodburn Road, Suite 309  
Annandale, VA 22203 | 703.844.0171  
myprivia.com/elitegynecologycenter

We are proud to highlight **Dr. Nadine Hammoud's** continued recognition as a **Washingtonian Top Doctor** for both **2024 and 2025**. Selected through **peer nominations** and **rigorous review**, this honor reflects her dedication to exceptional care and leadership in women's health. We are grateful to celebrate this achievement with our patients and community.



## 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.*

📍 **3301 Woodburn Rd, Suite 309**  
**Annandale, VA 22003**  
**United States**

☎ **+1 703-844-0171**

**Your Care, One Click Away ➡**  
**We Offer Virtual Visits**