

## Honoring a 2025 Top Doctor in Women's Health 🏆



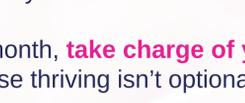
**Dr. Hammoud named and featured as a 2025 Washingtonian Top Doctor**, recognized among *The Best Doctors in Town*. This honor reflects **Dr. Nadine Hammoud's** expertise, leadership, and unwavering commitment to delivering exceptional, patient-centered care.

This recognition is a testament to **Dr. Hammoud's passion for women's health** and the meaningful impact she continues to make in the lives of her patients and the community.

## Happy March! A renewed focus on women's health, preventative care, and supporting your body through every stage.

### National Nutrition Month

Good nutrition plays a vital role in **energy, immune support, and long-term health**. Taking time to evaluate your eating habits, plan balanced meals, and make informed choices can have a lasting impact on your well-being.



Nutrition isn't just food—it's **energy, focus, and longevity**. Small changes, like adding more fruits, veggies, lean proteins, and whole grains, can transform how you feel every day.

This month, **take charge of your plate and your wellness** because thriving isn't optional, it's a lifestyle.

### Hormone Health Through Nutrition

What you eat directly impacts your hormones at every stage of life. From regulating menstrual cycles to supporting bone, metabolic, and mood health during perimenopause and menopause, **nutrition is a key player in hormonal balance**.



Small, intentional choices—like adding leafy greens, healthy fats, lean proteins, and essential vitamins—can help manage **hormonal changes, reduce symptoms, and promote long-term wellness**.

### Endometriosis Awareness Month

Endometriosis **affects millions of women worldwide**, yet it often goes undiagnosed or misunderstood. This month is dedicated to **raising awareness, promoting early detection, and supporting those living with the condition**.

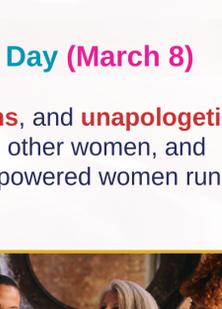
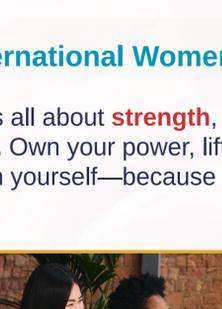
This February, let's shine a light on **endometriosis** and **empower women** to prioritize their reproductive health.

#### Common Symptoms of Endometriosis:

- ◆ Painful periods (dysmenorrhea)
- ◆ Chronic pelvic or lower back pain
- ◆ Pain during intercourse
- ◆ Heavy menstrual bleeding
- ◆ Digestive issues (bloating, constipation)
- ◆ Fatigue or low energy
- ◆ Difficulty conceiving (infertility concerns)

#### Risk Factors for Endometriosis:

- ◆ Family history of endometriosis
- ◆ Early onset of menstruation
- ◆ Short menstrual cycles (less than 27 days)
- ◆ Heavy or prolonged periods
- ◆ Higher estrogen levels or exposure



Early evaluation and personalized care can help **manage symptoms, improve quality of life, and support long-term reproductive health**. Timely support can lead to better symptom control and improved overall well-being.

*"If you experience any of these symptoms, talk to your healthcare provider. Early detection can make a difference."*

### 🇺🇸 International Women's Day (March 8)

Today is all about **strength, wins, and unapologetic growth**. Own your power, lift up other women, and invest in yourself—because empowered women run the world.

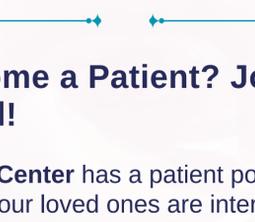


### 🇺🇸 World Happiness Day (March 20)

Happiness isn't just a feeling—it's **a daily choice**. Prioritize yourself, your mindset, and the moments that bring joy. Small habits like gratitude, self-care, and connection add up to a healthier, happier you.

### 🇺🇸 National Doctors' Day (March 30)

This month, we celebrate **National Doctors' Day!** It's a reminder to honor the **dedication, expertise, and compassionate care of doctors** who support our health every day.



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: ABCs of HRT

WASHINGTON (DC News Now) — We're getting the ABCs on HRT in this week's Women's Wednesday. Hormone replacement therapy (HRT) is one of the most commonly prescribed treatments for perimenopause symptoms.

Gynecologist Dr. Nadine Hammoud discussed the importance of patient communication in effectively managing these symptoms.

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

### 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

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