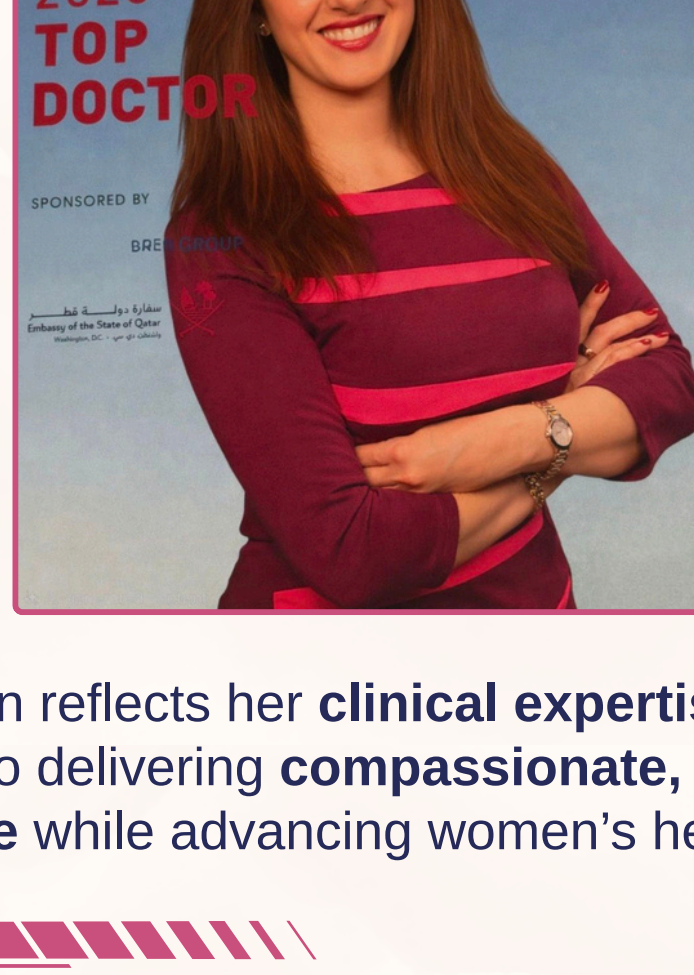


May NEWSLETTER



Honoring a 2025 Top Doctor in Women's Health 🏆

Dr. Nadine Hammoud is recognized as a **Washingtonian Top Doctor**, honored among the **Best Doctors in Town** for her excellence in women's health and gynecologic care.

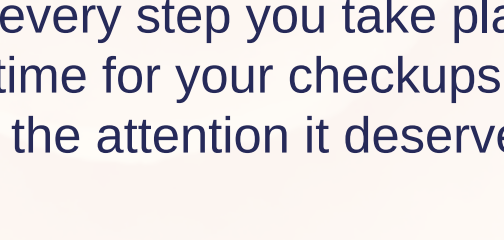
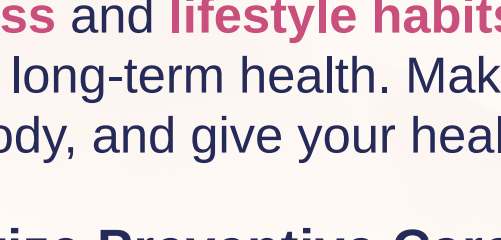


This distinction reflects her **clinical expertise** and commitment to delivering **compassionate, patient-centered care** while advancing women's health outcomes.

National Women's Health Month

In honor of **Women's Health Month**, we celebrate and prioritize the health, strength, and well-being of women at every stage of life.

This month is a powerful reminder to stay proactive with your care—because prevention, early detection, and consistency matter.



From **routine screenings** and **reproductive health** to **mental wellness** and **lifestyle habits**, every step you take plays a role in your long-term health. Make time for your checkups, listen to your body, and give your health the attention it deserves.

Prioritize Preventive Care

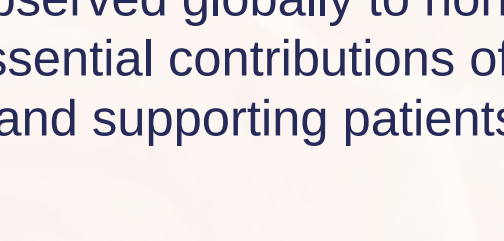
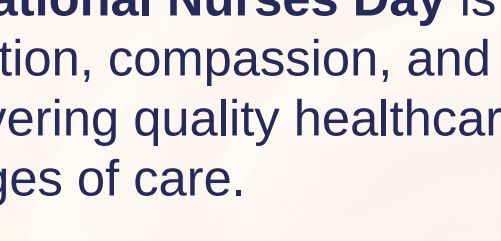
- Annual exams
- Breast screenings
- Pap smears
- STI testing
- Hormone checks
- Routine gynecologic visits

Your health deserves a spot on your schedule. Don't ignore signs—early action makes a difference.

🇺🇸 World Ovarian Cancer Day (May 8)

World Ovarian Cancer Day is dedicated to raising global awareness about ovarian cancer, emphasizing early detection, education on symptoms, and the importance of timely medical care.

It also serves as a reminder of the need for improved access to quality **gynecologic healthcare**, **support for women at risk**, and **continued efforts in research and prevention**.

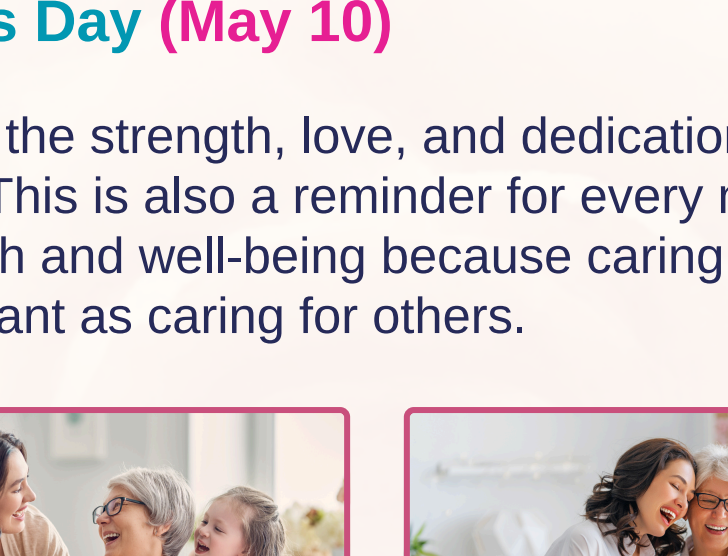


🇺🇸 International Nurses Day (May 12)

International Nurses Day is observed globally to honor the dedication, compassion, and essential contributions of nurses in delivering quality healthcare and supporting patients across all stages of care.

🇺🇸 World No Tobacco Day (May 31)

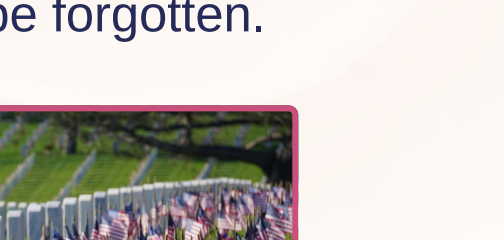
World No Tobacco Day is observed globally to raise awareness about the harmful effects of tobacco use and to encourage individuals to make healthier lifestyle choices.



🌸 Special Occasions

🇺🇸 Mother's Day (May 10)

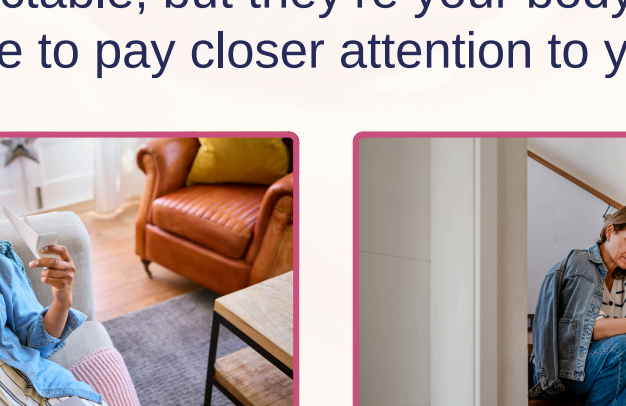
We celebrate the strength, love, and dedication of mothers everywhere. This is also a reminder for every mom to prioritize her own health and well-being because caring for yourself is just as important as caring for others.



Make time for regular checkups and preventive care—prioritizing your health is one of the most important ways to care for yourself and your family.

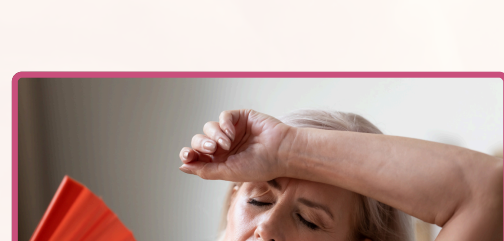
🇺🇸 Memorial Day (May 25)

We honor and remember the brave men and women who made the ultimate sacrifice in service to our country. Their courage and legacy will never be forgotten.



👩 Navigating Perimenopause

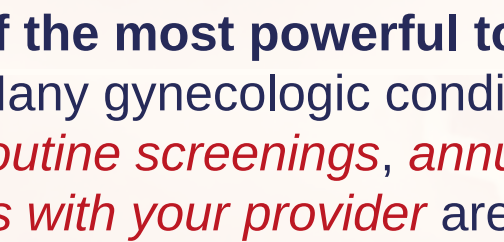
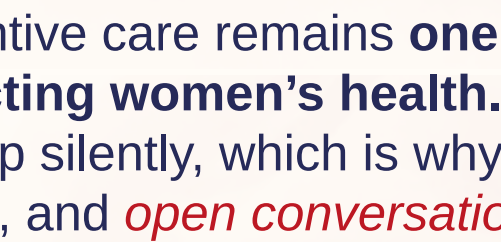
Noticing **changes in your cycle, mood, or sleep**? You may be entering **perimenopause**, the phase where your hormones begin to shift, often sooner than expected. These changes can feel unpredictable, but they're your body's way of signaling it's time to pay closer attention to your health.



With the right support, perimenopause doesn't have to disrupt your life. Early evaluation, lifestyle adjustments, and personalized care can help you stay balanced, in control, and feeling like yourself every step of the way.

🔥 Menopause: Long-Term Care

Menopause is a new phase—not a setback—and how you manage it makes all the difference. From hot flashes and sleep changes to shifts in metabolism and bone health, the right treatment plan can help you stay comfortable, energized, and in control.



With personalized care, including hormone therapy when appropriate, lifestyle guidance, and long-term health monitoring, menopause becomes something you navigate with confidence—not something you endure.

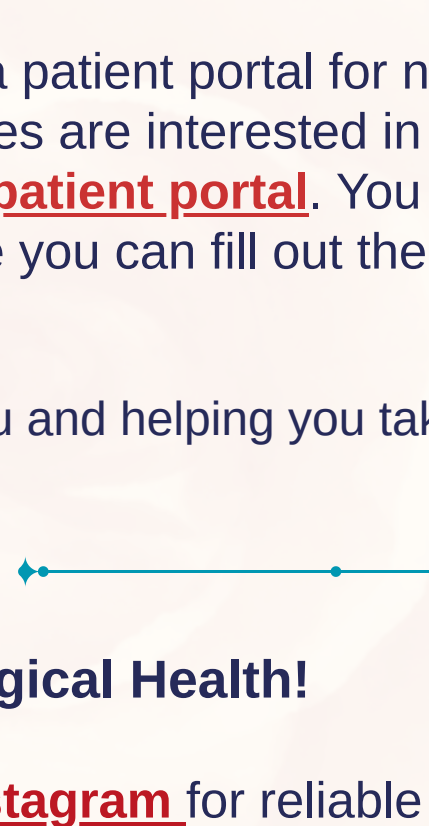
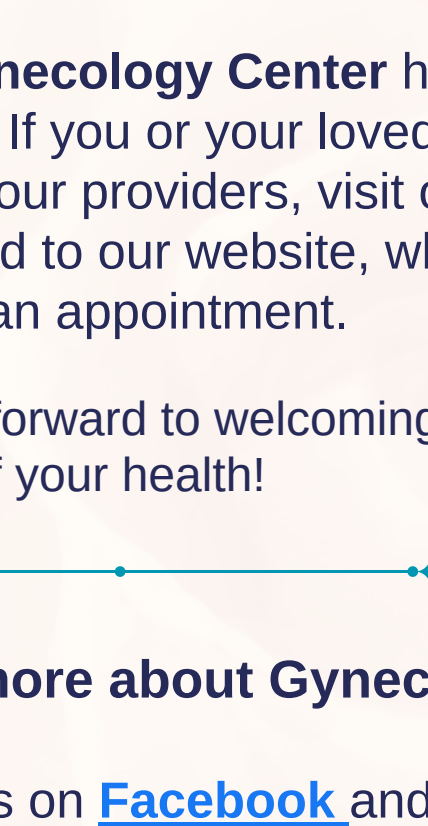
🌟 Expert Care You Can Trust

As a specialist in menopause and perimenopause care, **Dr. Nadine Hammoud** provides individualized treatment plans designed to support women through every stage with confidence, comfort, and long-term wellness in mind.

Preventive care remains **one of the most powerful tools in protecting women's health**. Many gynecologic conditions develop silently, which is why **routine screenings**, **annual exams**, and **open conversations with your provider** are essential for early detection and effective management.

★ Trusted by Our Patients

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!

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