



Ask the Gynecologist Q&A

Q: Is pelvic pain during my period always normal?

Mild cramping is common, but severe or persistent pain could be a sign of conditions like fibroids or endometriosis.

Q: How often should I have a Pap smear?

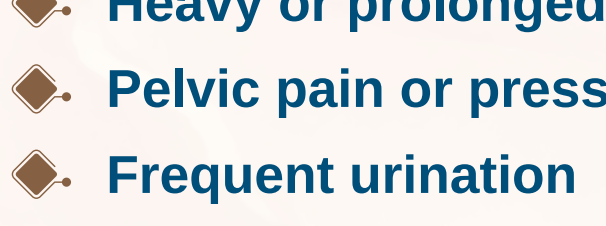
Most women need one every 3–5 years, depending on age, health history, and HPV testing. Ask your provider what's right for you.

Wellness Tip of the Month

July is the perfect time to check in with your health. Schedule your annual well-woman exam, stay active, eat a balanced diet, and don't ignore changes in your body. Small, consistent steps today can make a lasting difference in your overall well-being.

Fibroid Awareness Month Spotlight

July is **Fibroid Awareness Month**, a time to raise awareness about uterine fibroids—noncancerous growths that **develop in or around the uterus**. Many women have fibroids without knowing it, while others experience symptoms that affect their daily lives.



Common Signs & Symptoms:

- ◆ Heavy or prolonged menstrual bleeding
- ◆ Pelvic pain or pressure
- ◆ Frequent urination
- ◆ Pain during intercourse
- ◆ Lower back pain & Constipation

Supporting a Loved One with Fibroids

Listen without judgment, encourage them to seek medical care, and be patient with the physical and emotional challenges they may face. A little understanding and compassion can go a long way on their health journey.

Understanding Sarcoma

July is also **Sarcoma Awareness Month**, highlighting the importance of recognizing rare cancers **that can affect the uterus and other reproductive tissues**. Gynecologic sarcomas are uncommon, being aware of the warning signs can help support early diagnosis.

When to Talk to Your Gynecologist:

- ◆ Abdominal swelling or bloating
- ◆ Bleeding after menopause
- ◆ A rapidly enlarging uterine mass
- ◆ Unusual or heavy vaginal bleeding

These symptoms do not always mean cancer, but they should never be ignored. If you notice persistent or unusual changes, schedule an evaluation with your gynecologist for proper assessment.

Medication Update: Estrogen Patch Shortage

Some women may experience delays in filling their **estrogen patch prescriptions** due to ongoing supply shortages affecting certain manufacturers. If your prescribed patch is unavailable, don't stop hormone therapy without speaking to your healthcare provider.

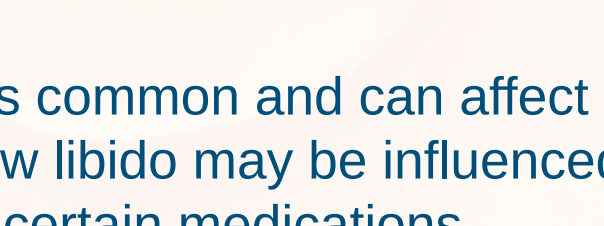
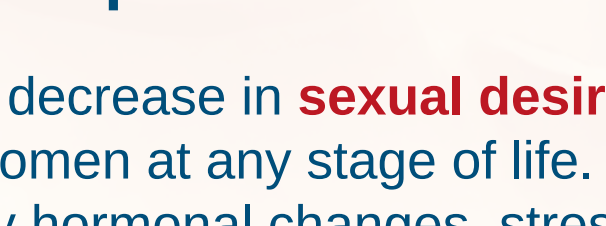
Alternative brands or treatment options may be available. If you're unable to get your medication, **contact our office** to discuss the best option for you.

Summer Hydration & Hormone Health

Staying hydrated is essential for overall health, especially during the warmer months. Proper hydration supports your body's natural functions, helps regulate body temperature, and may ease symptoms like fatigue, headaches, and hot flashes associated with hormonal changes.

Hydration Tips:

- ◆ Drink plenty of water throughout the day.
- ◆ Eat water-rich fruits and vegetables
- ◆ Limit sugary drinks and excessive caffeine.
- ◆ Pay attention to signs of dehydration



A well-hydrated body supports **better energy, overall wellness, and healthy hormone function**. Even small daily hydration habits can make a big difference in supporting your body's natural balance.

Low Libido: Causes & Treatment Options

A decrease in **sexual desire** is common and can affect women at any stage of life. Low libido may be influenced by hormonal changes, stress, certain medications, relationship concerns, or underlying medical conditions.

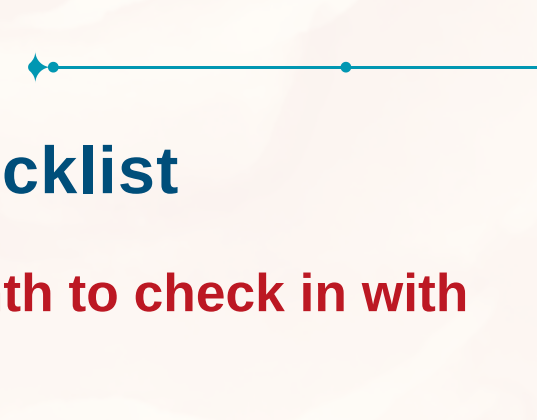
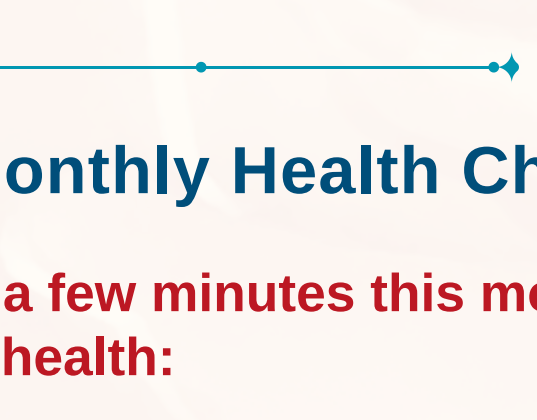
Common Signs:

- ◆ Reduced interest in sexual activity
- ◆ Few or no sexual thoughts or fantasies
- ◆ Difficulty becoming aroused
- ◆ Less pleasure during intimacy
- ◆ Concern about changes in sexual desire

Treatment **depends on the cause** and may include lifestyle changes, counseling, hormone therapy when appropriate, or other medical treatments.

★ Patient Testimonial of the Month

Nothing means more to us than the trust and confidence of our patients. We're honored to be part of each woman's healthcare journey and are committed to providing compassionate, personalized care every step of the way.



Monthly Health Checklist

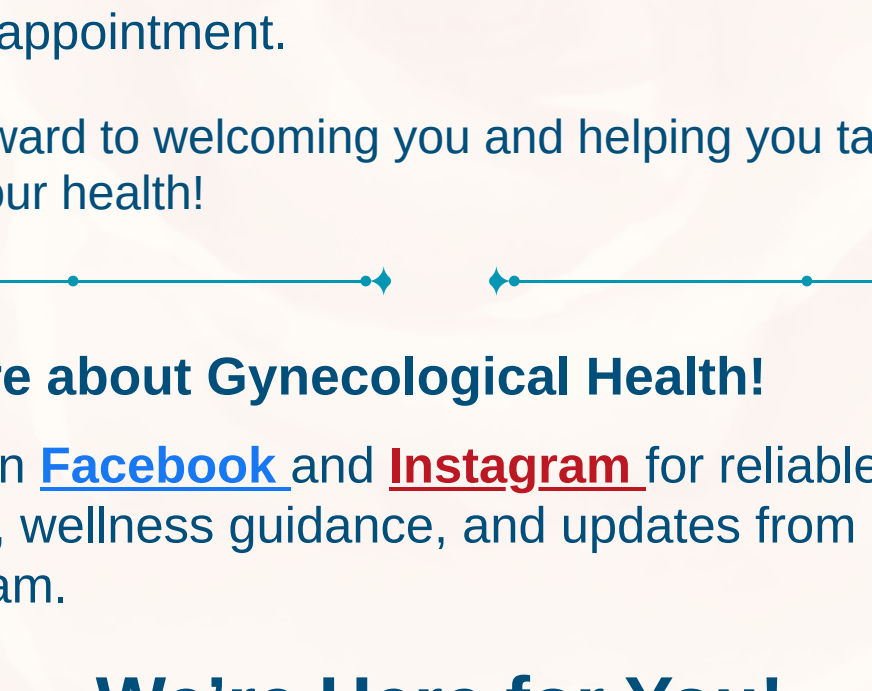
Take a few minutes this month to check in with your health:

- ✓ Schedule your well-woman exam.
- ✓ Stay hydrated every day.
- ✓ Eat balanced, nutrient-rich meals.
- ✓ Move your body for at least 30 minutes most days.

A few simple habits each month can make a lasting impact on your health. **Prioritizing preventive care** today helps support your well-being for years to come.

Celebrating Women Physicians Leading the Future of Healthcare

During **Women's Health Month**, we proudly recognize **Dr. Nadine Hammoud** for her outstanding leadership, compassionate care, and dedication to advancing women's health. Through her commitment to patient education, innovative treatment, and advocacy for better healthcare access, she continues to make a meaningful impact on the lives of women while helping shape a more equitable future in medicine.



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.