

June NEWSLETTER



Prioritizing Your Health This June 🌿

As we welcome **June**, I encourage women to prioritize preventive care and make time for their annual wellness visits. Small steps today can make a significant difference in long-term health.

This month, we invite you to take a proactive approach to your well-being. From annual exams to important health screenings, prioritizing your care today.

Women's Health & Gynecology Insights

Vaginal Dryness

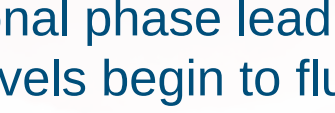
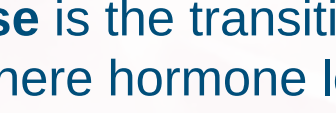
Vaginal dryness is often linked to hormonal changes, especially during menopause, postpartum, or breastfeeding. Relief is possible through simple options like water-based lubricants, vaginal moisturizers, and avoiding irritants such as scented soaps.

Sleep and Hormones

Poor sleep can disrupt key hormones that regulate mood, appetite, stress, and reproductive health. When sleep is inconsistent, cortisol levels may rise while estrogen, progesterone, and melatonin can become imbalanced.

Low Libido in Women

Low libido in women can be influenced by hormonal changes, stress, fatigue, relationship factors, or underlying health conditions.



Perimenopause vs. Menopause: Understanding the Difference

Perimenopause is the transitional phase leading up to menopause, where hormone levels begin to fluctuate and symptoms like *irregular periods, hot flashes, and mood changes may appear*.

Menopause is confirmed after **12 consecutive months without a menstrual period**, marking the end of reproductive years. Symptoms may continue or shift and can include *hot flashes, vaginal dryness, decreased libido, sleep problems, mood changes, and difficulty concentrating (brain fog)*.



National Cancer Survivors Month 🧡

Every June, **National Cancer Survivors Month** honors the **strength, resilience, and courage** of millions of cancer survivors. It is a time to **celebrate survivors**, recognize their journeys, and raise awareness about the importance of **ongoing care and support** after treatment.



Life After Cancer: The Importance of Follow-Up Care

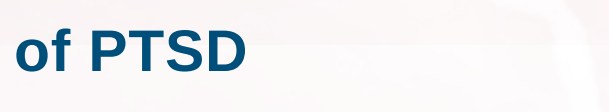
Regular medical appointments, screenings, and communication with healthcare providers are important components of survivorship care and overall wellness.

Supporting a Cancer Survivor

Simple acts of support, understanding, and encouragement can make a meaningful difference in the lives of cancer survivors and their families.

PTSD Awareness Month 🧡

A time dedicated to increasing understanding of **Post-Traumatic Stress Disorder (PTSD)**, reducing stigma, and encouraging those affected to seek support and treatment.



Understanding the Signs of PTSD

Common symptoms may include *intrusive memories, nightmares, avoidance behaviors, emotional distress, difficulty sleeping, and increased anxiety* following a traumatic event.

Supporting a Loved One with PTSD

Listening without judgment, offering encouragement, and helping loved ones connect with professional resources can make a meaningful difference in their healing journey.

🌿 Health Observances

🇺🇸 World Brain Tumor Day (June 8)

World Brain Tumor Day raises awareness about brain tumors, promotes education on symptoms and treatment, and honors patients, survivors, caregivers, and healthcare professionals.

🇺🇸 World Blood Donor Day (June 14)

World Blood Donor Day is to recognize the lifesaving impact of voluntary blood donors and to raise awareness about the ongoing need for safe blood donations worldwide.

🇺🇸 National HIV Testing Day (June 27)

Knowing your HIV status is an important step toward protecting your health and the health of others. **National HIV Testing Day** encourages regular testing, education, and access to care for individuals of all backgrounds.



Take charge of your health by staying informed and making routine screenings a priority.

📖 Quick Reads: Women's Health

Human Immunodeficiency Virus

HIV is a virus that weakens the immune system by attacking CD4 cells, making the body more vulnerable to infections. It is mainly transmitted through unprotected sex, sharing needles, or from mother to child during birth or breastfeeding.

Pelvic Floor Health 🍷

The **pelvic floor is a group of muscles** that supports the bladder, uterus, and bowel, playing a key role in bladder control, core stability, and sexual health. Weak pelvic floor muscles can lead to issues like urinary leakage or pelvic discomfort.

Hormonal Imbalance 🧠

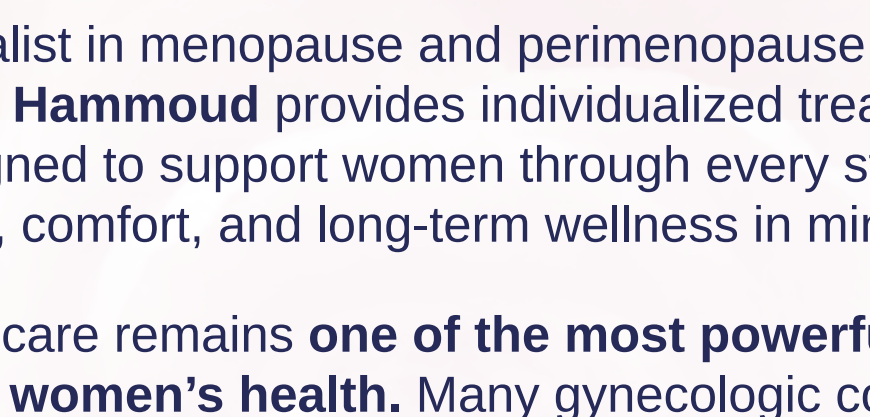
Women can experience symptoms of **hormonal imbalance at any age**—not just during menopause. Signs such as fatigue, irregular periods, mood changes, sleep disturbances, and low libido may indicate hormonal shifts.

Wellness & Self-Care Corner 🌿

Prioritizing your well-being is just as important as medical care. Simple habits like getting **quality sleep, staying hydrated, managing stress, and maintaining regular physical activity** can support hormonal balance, emotional health, and overall reproductive wellness.

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.



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.

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