

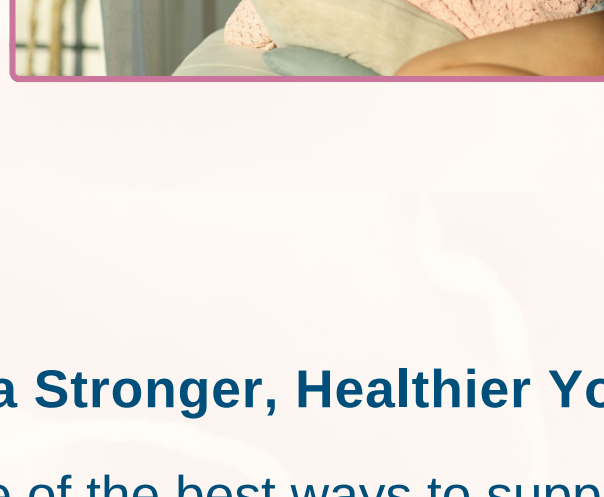
# August NEWSLETTER



## 🎉 Welcome, August!

**August** reminds us that taking care of our health is one of the greatest investments we can make in ourselves. As we celebrate **National Wellness Month** and **National Breastfeeding Month**, it's the perfect opportunity to prioritize preventive care, nourish your body, and make time for your physical and emotional well-being.

Whether you're navigating adolescence, pregnancy, motherhood, perimenopause, menopause, or postmenopause, every stage of life deserves personalized care.

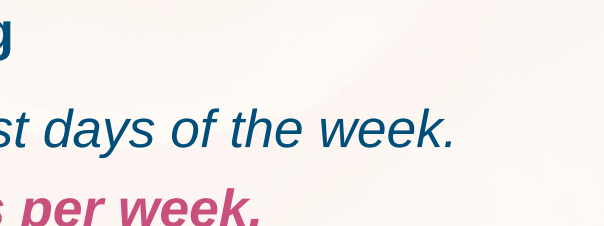
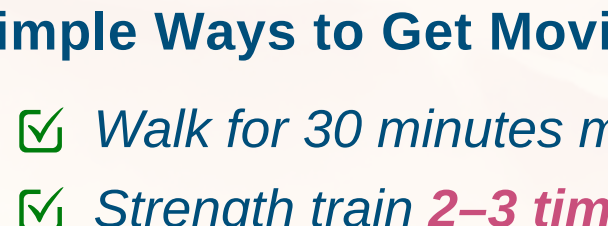


## 📌 Featured Topic

### Fitness After 40: Move for a Stronger, Healthier You

**Staying active after 40** is one of the best ways to support your overall health. Regular exercise can help maintain muscle strength, protect bone health, improve heart health, boost energy, and reduce the effects of hormonal changes during perimenopause and menopause.

*The key isn't exercising harder—it's exercising smarter.* Choose activities you enjoy and aim for consistency rather than perfection.



### Simple Ways to Get Moving

- ✅ Walk for 30 minutes most days of the week.
- ✅ Strength train **2–3 times per week**.
- ✅ Add stretching or yoga to improve flexibility.

### Active Aging: Thrive at Every Stage of Life

**Aging is a natural part of life**, but staying active can help you remain healthy, independent, and energized for years to come. Healthy aging isn't about slowing down—it's about making choices that support your physical, mental, and emotional well-being.

### Ways to Age Actively

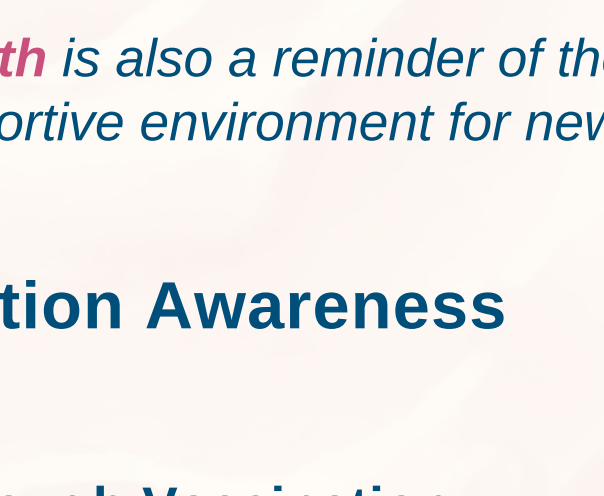
- ✅ 🌿 Keep Moving
- ✅ 🥗 Nourish Your Body
- ✅ 🧠 Keep Your Mind Engaged
- ✅ 💙 Stay Connected

## 🌸 National Breastfeeding Month

### Nurturing Health from the Very Beginning

Breastfeeding provides complete nutrition for most babies during the first six months of life and supplies antibodies that help protect against infections while supporting healthy growth and development.

For mothers, breastfeeding may **promote postpartum recovery** and is associated with long-term health benefits, including a **lower risk of breast and ovarian cancers**.

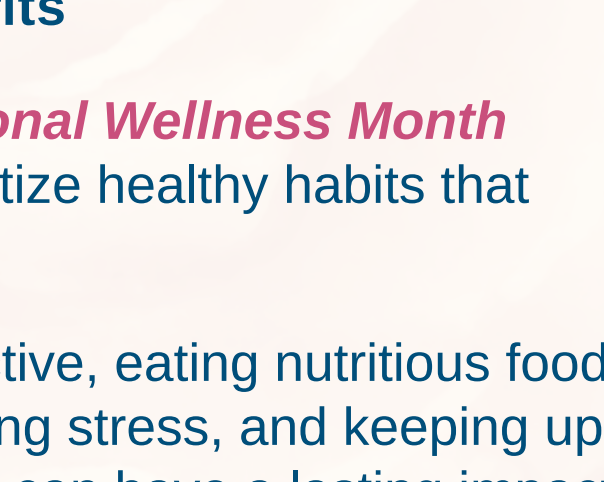
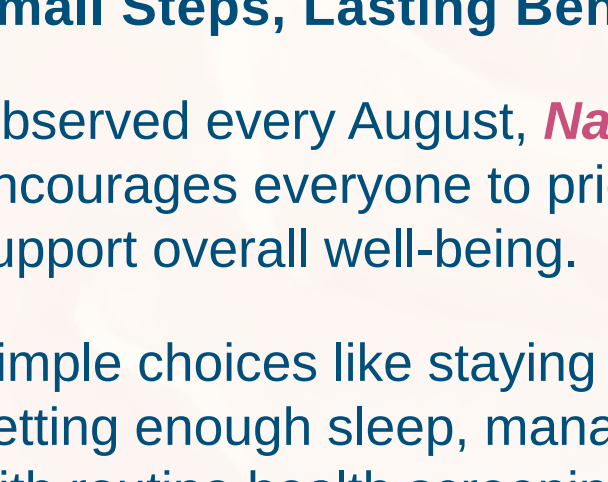


**National Breastfeeding Month** is also a reminder of the importance of creating a supportive environment for new parents.

## 🌸 National Immunization Awareness Month

### Protecting Your Health Through Vaccination

August is **National Immunization Awareness Month**, a reminder that vaccines play an important role in protecting women's health throughout every stage of life. Recommended vaccines, such as the **HPV vaccine** to help prevent cervical cancer.



## 🌸 National Wellness Month

### Small Steps, Lasting Benefits

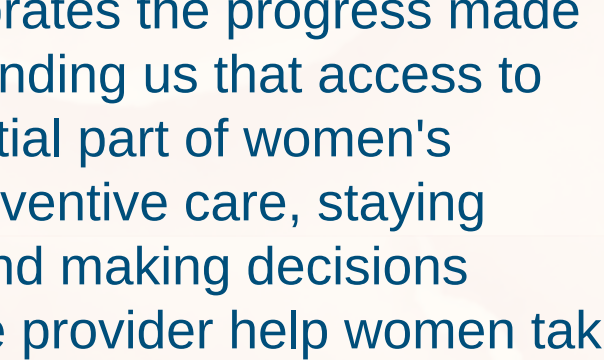
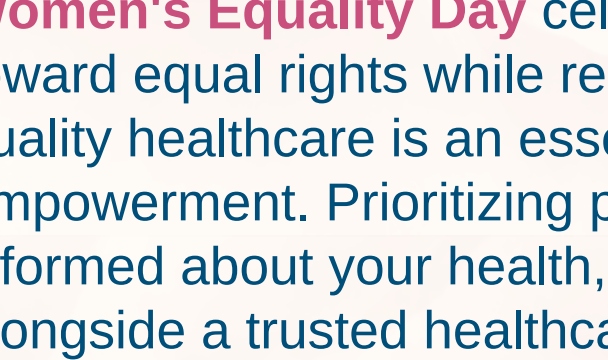
Observed every August, **National Wellness Month** encourages everyone to prioritize healthy habits that support overall well-being.

Simple choices like staying active, eating nutritious foods, getting enough sleep, managing stress, and keeping up with routine health screenings can have a lasting impact on your physical and mental health.

### 🇺🇸 World Lung Cancer Day (August 01)

Lung cancer remains **one of the leading causes of cancer-related deaths worldwide**, and while smoking is the primary risk factor, it can also affect people who have never smoked.

For women, protecting lung health means avoiding tobacco and secondhand smoke, recognizing persistent symptoms such as a chronic cough or shortness of breath, and seeking medical evaluation when concerns arise.



**Early detection and healthy lifestyle choices can make a significant difference.**

### 🇺🇸 Women's Equality Day (August 26)

**Women's Equality Day** celebrates the progress made toward equal rights while reminding us that access to quality healthcare is an essential part of women's empowerment. Prioritizing preventive care, staying informed about your health, and making decisions alongside a trusted healthcare provider help women take charge of their well-being at every stage of life.

## 🌿 Health Reflection

### Take a Moment for You

In the busyness of everyday life, it's easy to put your own health on the back burner. This month, take a few moments to check in with yourself—not just physically, but emotionally and mentally as well.

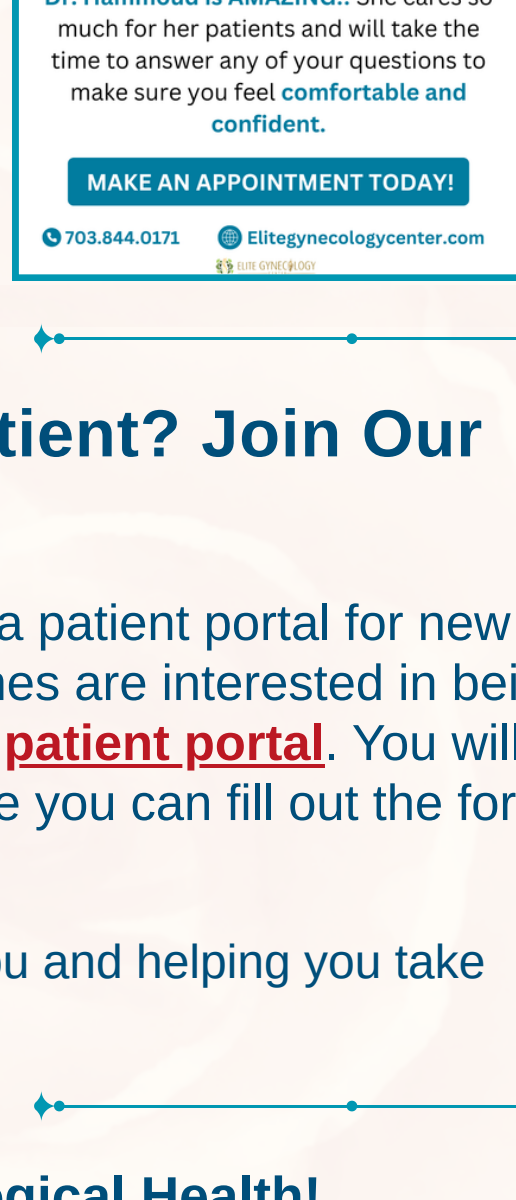
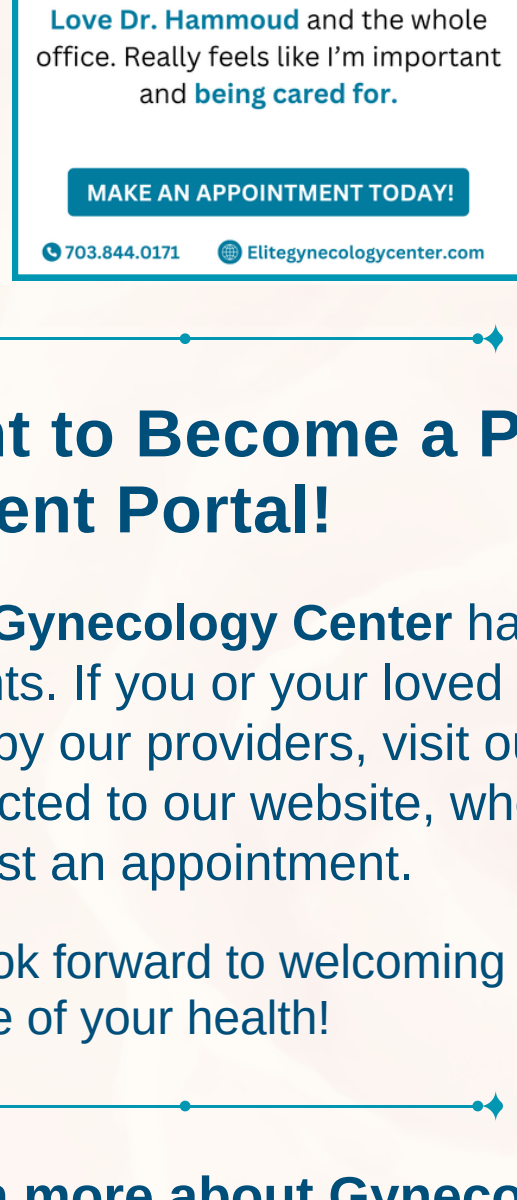
#### Ask yourself:

- 💚 Am I making time to care for my body?
- 🥗 Have I been nourishing myself with healthy foods?
- 🩺 Am I keeping up with my routine health screenings and wellness visits?
- 💬 Have I talked to my healthcare provider about any symptoms or concerns I've been ignoring?

**Every healthy meal, walk, and checkup brings you closer to a healthier future.**

## ★ Patient Testimonial of the Month

Your trust means everything to us. We're honored to be part of your healthcare journey and are committed to providing compassionate, personalized care every step of the way.



## 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!

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