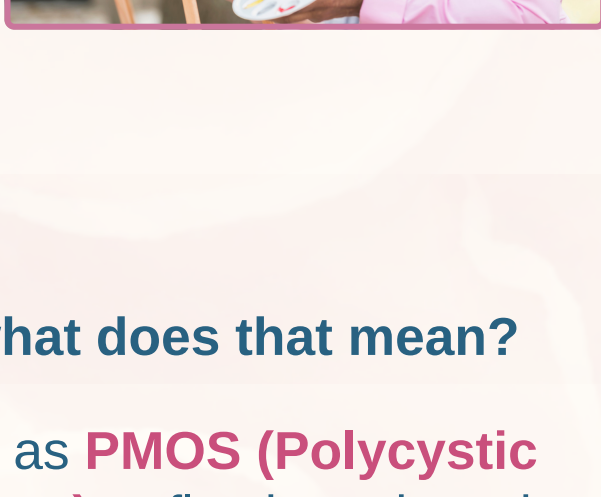
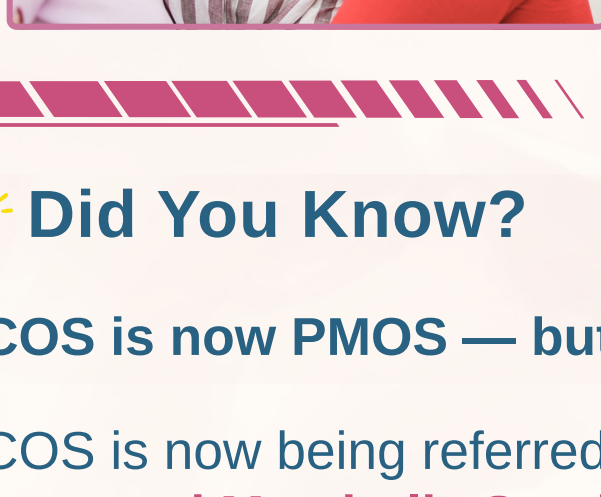




🎉 Hello September!

A new month. A fresh reminder to put yourself first.

September is a beautiful reminder that taking care of yourself is not selfish—it's necessary. This month, we're shining a light on **Gynecologic Cancer Awareness Month**—a time to raise awareness, encourage early detection, and remind every woman to prioritize her health and listen to her body.



💡 Did You Know?

PCOS is now PMOS — but what does that mean?

PCOS is now being referred to as **PMOS (Polycystic Ovary and Metabolic Syndrome)**, reflecting a broader understanding of how the condition can affect both reproductive and metabolic health.

Gynecologic Cancer Awareness Month

KNOW THE 5. KNOW YOUR BODY.

September is Gynecologic Cancer Awareness Month, an opportunity to educate, encourage early recognition of warning signs, and remind women to be proactive about their gynecologic health.

Gynecologic cancers are cancers that begin in a woman's reproductive organs. There are **five main types: ovarian, cervical, uterine, vaginal, and vulvar cancer**. Each type is different, with its own risk factors, symptoms, and treatment options.

📌 THE 5 GYNECOLOGIC CANCERS

1. Ovarian Cancer

Begins in the ovaries and may cause symptoms such as persistent bloating, abdominal or back pain, pelvic pain, or feeling full sooner than usual.

2. Cervical Cancer

Begins in the cervix, the lower part of the uterus. Cervical cancer is unique among the five because there are screening tests that can detect precancerous changes or cancer early.

3. Uterine Cancer

Begins in the uterus and can present with abnormal vaginal bleeding or pelvic pain or pressure. **Bleeding after menopause should always be discussed with a healthcare provider.**

4. Vaginal Cancer

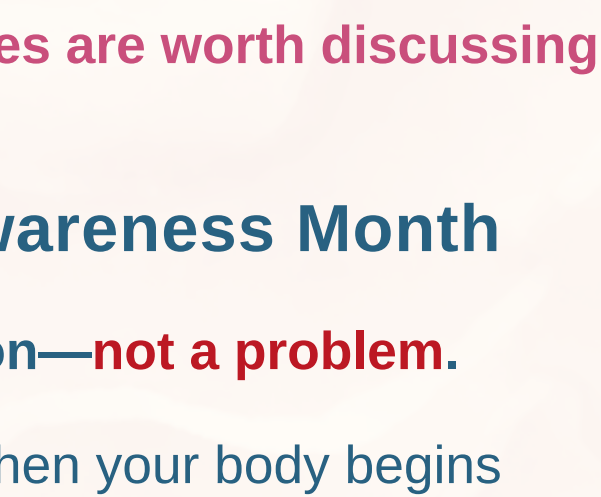
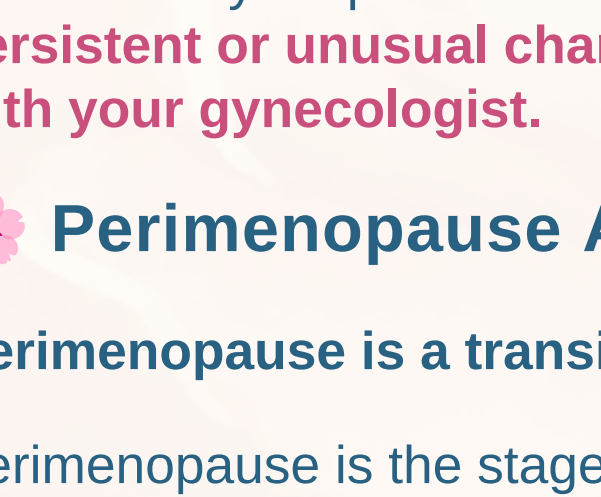
Begins in the vagina and is relatively rare. Possible symptoms include unusual vaginal bleeding or discharge, pelvic pain, or changes in urination or bowel habits.

5. Vulvar Cancer

Begins in the vulva, the external female genital area. Changes such as persistent itching, burning, bleeding, skin color or texture changes, sores, lumps, or ulcers should be evaluated by a healthcare professional.

🔥 KNOW THE WARNING SIGNS

- **Abnormal vaginal bleeding or discharge**
- **Bleeding after menopause**
- **Persistent pelvic or abdominal pain**
- **Bloating or feeling full unusually quickly**
- **Changes in urination or bowel habits**
- **Itching, burning, sores of the vulva**



*There is no single screening test for all five gynecologic cancers. Currently, **cervical cancer is the only gynecologic cancer for which routine screening is recommended to detect precancer or cancer early.***

💙 Ovarian Cancer Awareness

September is also Ovarian Cancer Awareness Month

Ovarian cancer can be difficult to recognize because its symptoms may be subtle and can resemble other common conditions. This month, take a moment to learn the signs, understand your personal risk, and remember that **persistent or unusual changes are worth discussing with your gynecologist.**

🌸 Perimenopause Awareness Month

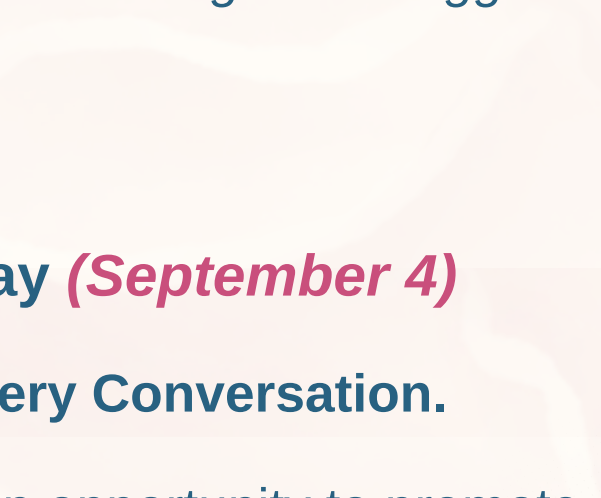
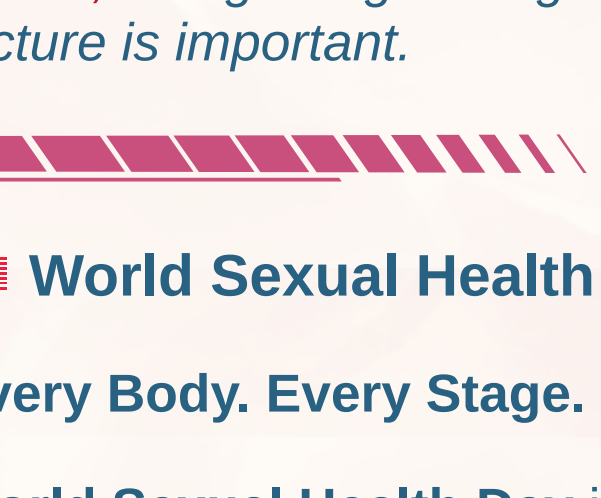
Perimenopause is a transition—not a problem.

Perimenopause is the stage when your body begins **transitioning toward menopause**. During this time, hormone levels—particularly estrogen and progesterone—can fluctuate, sometimes leading to changes that may feel unexpected or confusing.

You may notice changes in your **menstrual cycle, sleep, mood, energy, body composition, libido, or temperature regulation.**

💖 What Your Body May Be Telling You

- ✅ **Periods becoming irregular or changing in flow**
- ✅ **Hot flashes or night sweats**
- ✅ **Mood changes or increased irritability**
- ✅ **Brain fog or difficulty concentrating**
- ✅ **Changes in libido**
- ✅ **Vaginal dryness or discomfort with intimacy**



If you're experiencing new or bothersome symptoms, talking with your gynecologist can help you understand what may be happening and explore personalized options.

🌸 PMOS Awareness Month

PMOS is a **complex hormonal and metabolic condition** that can affect women in different ways. While changes in menstrual cycles are often associated with the condition, its impact can extend beyond reproductive health.

Women may experience **irregular periods, hormonal changes, acne, excess hair growth, weight changes, insulin resistance, or challenges with fertility.** It can vary significantly from one woman to another.



*Because PMOS can involve **both hormonal and metabolic health**, recognizing the signs and looking at the bigger picture is important.*

🇺🇸 World Sexual Health Day (September 4)

Every Body. Every Stage. Every Conversation.

World Sexual Health Day is an opportunity to promote awareness, education, and open conversations about sexual health and well-being. For 2026, the theme is **“Every Body,”** emphasizing that sexual health, rights, justice, and pleasure are part of health and well-being for everyone.

🇺🇸 World Gynecology Oncology Day (September 20)

World Gynecologic Oncology Day brings global attention to gynecologic cancers and encourages greater awareness of prevention, early recognition, and support for women affected by these cancers.

This September, let awareness be a reason to learn more, speak up, and prioritize your gynecologic health.

🇺🇸 World Contraception Day (September 26)

World Contraception Day highlights the importance of access to accurate information and a range of safe, effective contraceptive options. Contraception can help individuals plan if and when they want to have children and determine the spacing of pregnancies.

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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