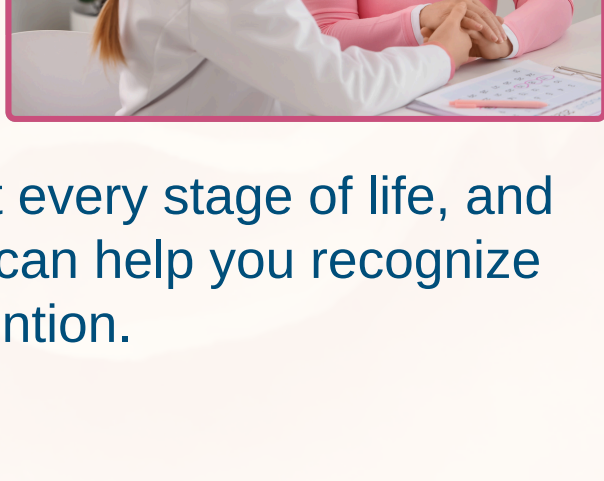




🌸 Women's Health & Wellness

October is a beautiful reminder to pause, check in with yourself, and prioritize your health.

This month, we're focusing on the many aspects of women's health—from **breast health and cancer awareness to menopause, hormonal changes, and preventive gynecologic care.**

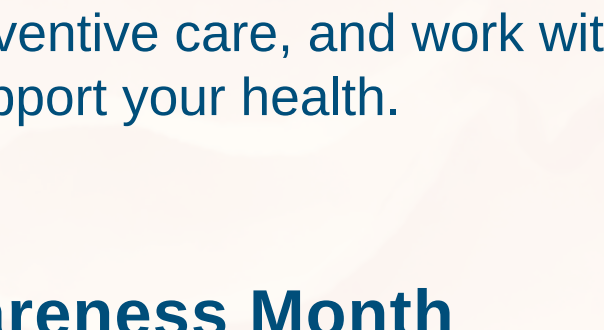


Your body changes throughout every stage of life, and understanding those changes can help you recognize when something deserves attention.

📌 Featured Topic

Life After Menopause

Post-menopause is a new chapter in a woman's health journey—not the end of it. As hormone levels continue to change, prioritizing bone health, heart health, sleep, nutrition, movement, sexual and vaginal health, and emotional well-being becomes increasingly important.



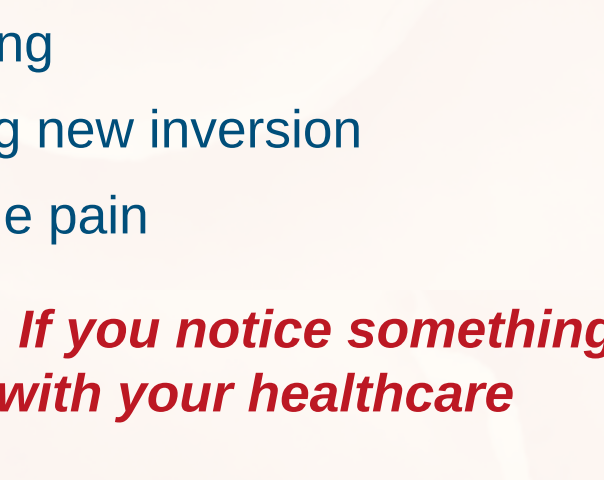
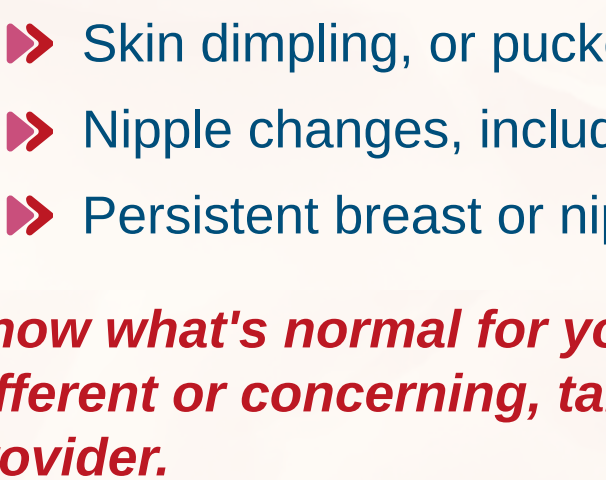
This stage is an opportunity to understand your changing body, stay proactive about preventive care, and work with your healthcare provider to support your health.

🎀 Breast Cancer Awareness Month

Know Your Breasts. Know When to Speak Up.

October is **Breast Cancer Awareness Month**, a time to raise awareness about breast cancer, encourage appropriate screening, and remind women to pay attention to changes in their breast health.

Breast cancer *can affect women at different ages*, and risk can vary based on factors such as *age, family history, genetics, reproductive history, and other health factors.*



Signs & Symptoms

- ▶ A new lump or mass in the breast or underarm
- ▶ A change in breast size or shape
- ▶ Skin dimpling, or puckering
- ▶ Nipple changes, including new inversion
- ▶ Persistent breast or nipple pain

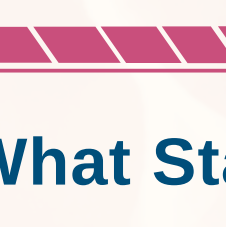
Know what's normal for you. If you notice something different or concerning, talk with your healthcare provider.

🌺 Menopause Awareness Month

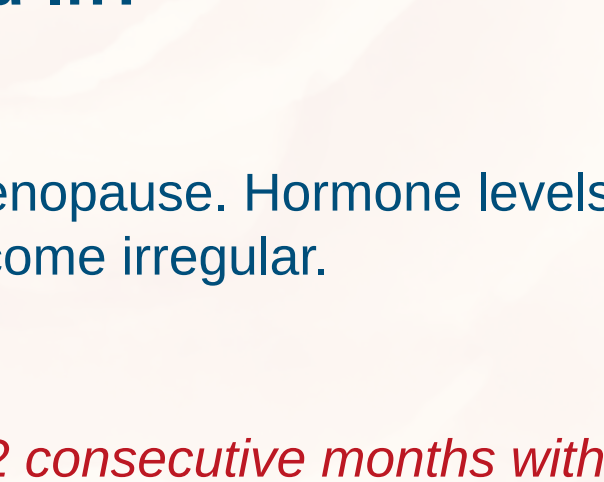
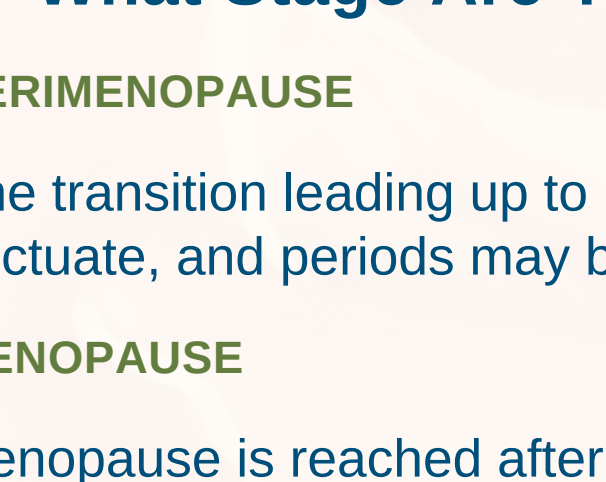
Your Symptoms Are Real. Your Questions Matter. Your Care Should Be Personal.

Menopause is a natural stage of life, but that doesn't mean you have to simply *"push through"* the changes that come with it.

- ▶ Hot flashes
- ▶ Night sweats
- ▶ Sleep changes
- ▶ Mood changes



can affect everyday well-being—and every woman's experience is different.



This **Menopause Awareness Month**, take the opportunity to understand what's happening in your body and learn about the options available to you.

"Menopause is a transition—not a diagnosis you have to navigate alone."

🌷 What Stage Are You In?

PERIMENOPAUSE

The transition leading up to menopause. Hormone levels fluctuate, and periods may become irregular.

MENOPAUSE

Menopause is reached after **12 consecutive months without a menstrual period**, when there is no other obvious cause.

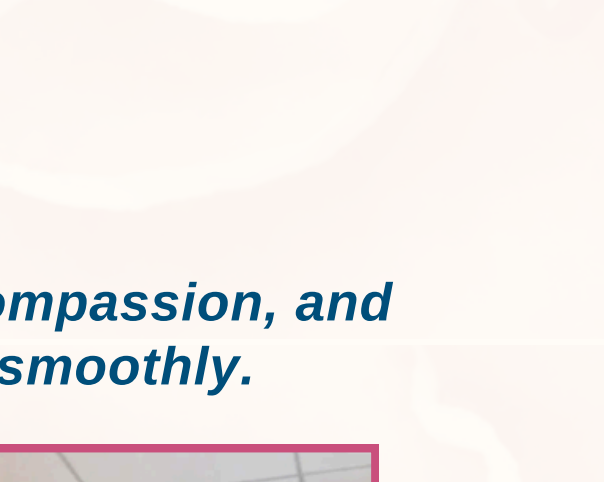
POST-MENOPAUSE

The years following menopause. Although menstrual periods have ended, ongoing changes in estrogen can continue to affect areas such as **bone, cardiovascular, vaginal, urinary, and sexual health.**

🇺🇸 World Menopause Day (October 18)

Understanding Menopause. Supporting Women.

This **World Menopause Day**, take a moment to learn more about your body, ask questions, and talk openly with a healthcare professional about symptoms that are affecting your life.



Your menopause journey is unique. Your care should be, too.

🩺 October Health Check-in

WHEN WAS YOUR LAST GYNECOLOGIC VISIT?

Life gets busy, and it's easy to put your own health on the back burner. But your gynecologic health deserves regular attention—not only when something feels wrong.

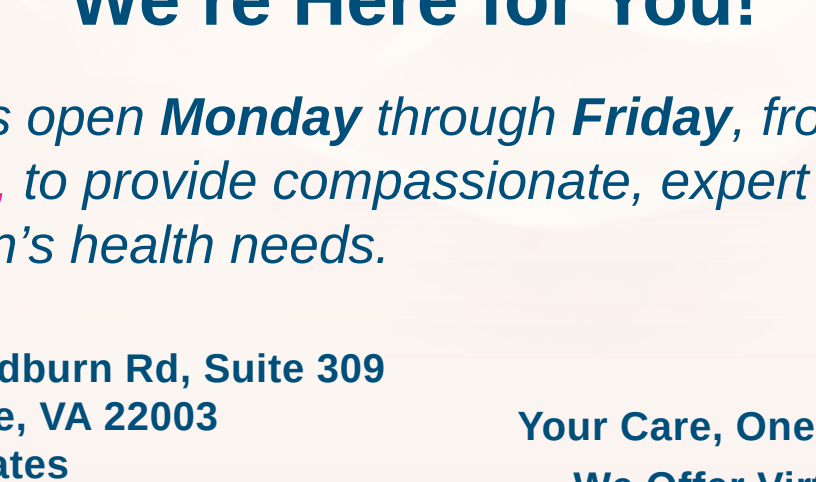
Use this month as a reminder to check in with yourself:

- ☐ Are you up to date with your recommended screenings?
- ☐ Have you noticed any changes in your menstrual cycle, breasts, hormones, or sexual health?
- ☐ Are you experiencing symptoms you've been putting off?
- ☐ Have you discussed your menopause or perimenopause concerns with a healthcare professional?

You don't have to wait until something feels "serious" to ask questions. Regular gynecologic care provides an opportunity to discuss your health, address concerns, and stay proactive about your well-being.

💖 Team Spotlight

Two years of dedication, compassion, and keeping our office running smoothly.



See the smiling face in the middle? 🌷 That's **April, our wonderful Office Coordinator**, and we're celebrating **2 amazing years** with her! 🎉💖

April plays an important role in helping our office stay organized and making sure our patients feel welcomed, supported, and cared for. Her dedication, professionalism, and positive presence are truly appreciated by our entire team.

Thank you, April, for everything you do! 💖

Here's to celebrating **2 amazing years** and many more to come! 🥂✨

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.*