

# Monthly Newsletter

SUBIURBAN  
WOMEN'S  
HEALTH CARE

March 2025



## Welcome to our monthly news letter! We're so happy you're here!

Welcome to our monthly newsletter! We are thrilled to share all of our monthly updates with you.

Firstly, we would like to express our gratitude to all of our wonderful patients. Whether you are here for gynecology, pregnancy, perimenopause, our weight loss program or our esthetic services, you are all greatly appreciated.

In terms of our recent updates, while we are continuing to schedule appointments for weight loss management with our nurse practitioner, Sarah Eswar, and we are also scheduling nutrition consults with our nurse practitioner, Michele Adams.

The two of them also see patients for both gynecology and pregnancy. Sarah has patients that come in for Botox and filler and Michele has patients that come in for hormone replacement therapy.

In this month's newsletter, we will also be sharing our patient reviews! We are beyond grateful for each and every one of our patients! Thank you for your love & support. Our goal is to ensure that you are given the best care possible, that all of your questions are answered and that you leave our office feeling your best.

Finally, we want to remind everyone to give us a call to schedule their yearly appointments or an appointment for any of the services mentioned above. Our phones come on at 8:30 am, are off from 12 pm-12:30 pm and then again at 3:30 pm. We close early on Fridays and our phones are off at 1 pm.

Enjoy this month's newsletter!

A handwritten signature in black ink, appearing to be 'SWH'.

### In our newsletter you can expect:

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News about us &  
Company  
updates

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How-to Guides

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Discounts &  
Promotions for  
esthetic services

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Testimonials

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Case studies

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Industry news

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## Industry News

Governor Kathy Hochul signed the Paid Prenatal Leave Law on April 20th, 2024. The law took effect on January 1st, 2025. It requires private-sector employers to provide up to 20 hours of paid leave for prenatal care. New York is now the first state in the US to offer paid prenatal leave.

We are thrilled to hear this news and are very grateful for the positive impact it is going to have on our prenatal patients! The leave is separate from other sick time offered by employers, allowing patients to use this time for their appointments.





## GOOGLE REVIEWS

**Christy H:** This is a very fast and efficiently run office. I was just there today for my annual checkup and was there a total of 20 minutes. The doctors are all knowledgeable and professional. They sincerely want to help and clarify any misconceptions you might have. They also take extra time during every visit to answer questions and give advice. The front desk staff is also friendly and helpful. You really don't wait long at all in the waiting or examining room. My gynecologist is particularly quick and the examinations are painless. They're also good at calling back with test results or if you have a question/complication. This is the gynecologist office I recommend to all my friends.

**Michelle B:** I love this group! I've been going for over 20 years now. My oldest is 19 years old. How time flies! I went today for my annual checkup. They are always on time. I really appreciate that. My doctor is like a friend I see once a year. The staff is so friendly. Did I mention all women doctors??? They are the best. I highly recommend this practice.

**Lisa K:** I have been a patient of this practice since 2003. My experience has been highly positive and I have recommended the practice to friends and family members. I have always been treated with kindness and empathy by my physician, Dr. Allen and the office staff. I love that it is an all-female practice! The practice is extremely clean, beautifully decorated and very efficient. Appointment times are spot on - you're seen at your appointment time and never have to wait. Highly recommend this practice to all.

**Courtney G:** I've been going to Dr. Strollo for about ten years now and I will never go to anyone else! She is very warm and welcoming! I feel comfortable talking to her about anything! I highly recommend her to everyone!

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# A few March Updates!



Mardi Gras, also known as Fat Tuesday, (the Tuesday before Ash Wednesday) marks the close of the pre-Lenten season. Those who celebrate typically consume and use all of the fatty foods in preparation for the fasting and abstinence during Lent.

*Empowered  
Women  
Empower  
Women*



Happy International Women's Day! International Women's Day falls on March 8th. This day was created to be celebrated annually as a focal point in the Women's Rights Movement, and helps shed light on issues such as gender equality, reproductive rights and domestic violence against women.

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National Girl Scout Day falls on March 12th! Make sure you treat yourself to some cookies and support these young girls!



National Working Moms Day also falls on March 12th! Give your mom a hug and thank her for all that she does (on this day and every day). Working all day while taking care of the family? These women are heroes!

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March is the month for new growth and transformation! Between the start of the spring season, flowers blooming and spring cleaning, March is the month that symbolizes change.



March 17th of course marks Saint Patrick's Day! Celebrate this fun, lucky holiday with your loved ones!



Lastly, Certified Nurses Day is on March 19th! Thank you to our wonderful nurses for all that you do!

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