

Suburban Women's HEALTHCARE, PC



WELCOME TO OUR June Newsletter

Women's Health Spotlight: Pap smears & Annual Exams

Did you know regular well-woman exams can detect concerns early and keep you on track with your health goals? If it's been a while since your last visit, let this be your reminder — we're here for you.



Summer Travel Tip:

Headed out of town? Make sure to refill any prescriptions and talk to your provider about travel-safe birth control, sun-safe skincare during pregnancy, or any vaccine updates before you go!



MEET THE PROVIDER

Dr. Nina Strollo, MD



This month, we're highlighting Dr. Nina Strollo! From prenatal care to gynecological expertise, she's passionate about helping women feel confident, heard and cared for.

Follow us on Instagram to catch our Q&A with her later this month!

@swhcpc_



WELCOMING

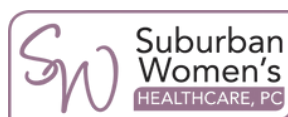
Danielle Hatton, LE



Danielle Hatton joined our practice in April as our Aesthetician and Marketing Director. She has over 12 years of experience in aesthetics and has owned her own studio for the last four years.

She'll be offering laser hair removal and Morpheus8 services here at the office as well as handling our marketing needs.

You can reach her at
swhcpc.marketing@gmail.com



LET'S TALK: SUMMER TIPS FOR VAGINAL HEALTH

- **Change out of wet swimsuits quickly:** Yeast thrives in warm, damp environments — like a bikini you've been lounging in for hours. Bring a dry change of clothes and switch as soon as you're done swimming.
- **Avoid tight, non-breathable fabrics:** Opt for cotton underwear and loose, breathable bottoms. Say no to leggings or bike shorts all day in the heat.
- **Practice good hygiene after workouts:** Change out of sweaty clothes and shower as soon as you can. If you're on the go, bring a clean pair of undies and some gentle, unscented wipes for a quick refresh.
- **Stay hydrated:** Drinking water helps regulate everything — including vaginal health. It supports your natural flora and flushes out toxins.
- **Know what's normal — and what's not:** A little discharge is normal. If you notice itching, burning, a strong odor, or thick white discharge, it might be a yeast infection or something else — and we're here to help.



Reminder:

Summer appointments fill fast! Whether you're due for a yearly, prenatal visit, or would love an aesthetics consult, book now to snag your ideal time.



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Follow along for tips, updates & behind the scenes on instagram:



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Thanks for being part of the SWHC community — we're honored to care for you.

Warmly,
The Suburban Women's
Healthcare Team

