



Sheryl A. Ross, MD

EDITORIAL THOUGHT STARTERS

Dr. Sheryl Ross, M.D., a board certified OB/GYN and women's health expert is available as an expert for a wide range of topics including women's health, gynecological health, pregnancy, topics related to sexuality, sexual health and sexual identity.

Pre-Pregnancy and Pregnancy

- January, **Birth Defects Awareness Month**
- April 20 – 26, **National Infertility Awareness Week**
 - Myths about Infertility – It is the #1 concern of women who want to get pregnant!
 - How Young Women Can Protect Their Fertility – Five things you can do in your 20's that will make a difference
- October, **SIDS, Pregnancy and Infant Loss Awareness Month**
- The Pre-Pregnancy Checklist: How to get prepared
- The Top Little Known Facts About Pregnancy – What your doctor forgets to tell you

Post Pregnancy

- August, **National Breastfeeding Month**
 - I am frustrated trying to breastfeed – what can I do?
 - How long should I breastfeed my baby? I see all these moms doing it for over a year, but I don't think I can do that.
- It's my six-week check up and I DO NOT want to have sex with my husband or partner
 - How to "ease back" into things
 - The emotional and mental aspect of post pregnancy and sex
- My body is doing what?
 - Things no one tells you about your body post pregnancy
- Will my vagina ever be the same?

General Women's Health

- January, **Thyroid Awareness Month**
- February 7, **Women Wear Red Day**
 - More screening taking place during OB/GYN visits
- February 23 – March 1st, **National Eating Disorder Awareness Week**
 - Dying to be Perfect: Eating Disorders and Post Pregnancy
 - Adult Women & Eating Disorders
 - How Eating Disorders effect your gynecologic health
- March, **Colon Cancer Awareness Month**
- March 24-26, **National LGBT Health Awareness Week**
 - What every lesbian should know about her OB/GYN visits
- April, **National Sexual Assault Awareness Month**
- May 14, **National Women's Check up Day**
 - Lies people tell their OB/GYN
 - What to get checked in your 20's, 30's, 40's and 50's
- Recommended tests and check ups by decade
- Signs you may need to visit your OB/GYN immediately
- October, **Breast Cancer Awareness Month**
- October, **World Menopause Month**
 - Dating and Sex After 50, What do I need to know?
- November 9-15, **National Mental Health Awareness Week**

Sexual Education

- March 10, **Women & Girls HIV Awareness Day**
 - Fastest growing group of women infected with HIV & AIDS in the U.S.
- June, **Teen Pregnancy Awareness Month**
- October, **National Family Sexuality Education Month**
 - When should I bring my daughter to the OB/GYN?
 - Will starting my daughter on birth control encourage her to have sex?
- How to talk to your daughter about her sexuality