



Women's Health

WRITTEN BY VALLEY HILDEBRAND

Our fate is determined before our first birthday even arrives. We have been chosen to be the women of the world. We are offered the sacred gift to develop and grow into the mothers and grandmothers of the future. As we continue to blossom into womanhood, our bodies continue to change as we pass through the various phases of our life.

First, we meet puberty; evolving into young ladies. Relationships and marriage follow, offering us the opportunity to explore the beauty of intimacy. We begin to discover the secrets of our bodies. For some, the gift of childbearing brings even further changes to our bodies that can result in change in appearance or discomfort with intercourse.

There are various medical conditions that can result in early hysterectomy or removal of the ovaries leading to early surgical menopause. Menopause can also occur naturally or after cancer treatment. Menopause leaves us with hormonal changes that can cause further changes to our bodies. Deficiency in hormones can lead to mood swings, hot flashes, painful intercourse, bladder issues or decreased libido. These symptoms can lead to difficulties in intimate relationships. Many women have suffered with these symptoms, without awareness of treatment options.

The exciting news is that there are things that can be done to improve these transitional phases of life. As a Women's Healthcare provider, I have learned how important these things are to our overall quality of life. Each woman has a unique experience through the journey of life. It is important that we are all offered the opportunity to understand what non-hormonal and hormonal treatment options are available to improve our transition throughout our lives.

We are so fortunate that there are new technologies that can treat all women, even those that are not candidates for hormone replacement therapy. Once upon a time, these options did not exist and women were told to deal with their pains and discomfort the best they can on their own. Today, we have the ability to customize treatment to best suit each individual woman's needs.

Ovation Women's Wellness offers a variety of non-hormonal and hormonal options including bio-identical hormone pellets. Ovation also provides annual gynecological exams, abnormal period treatments, and weight loss management.

Southeast Urogynecology offers surgical and non-surgical treatment options for pelvic organ prolapse, urinary incontinence, fecal incontinence, recurrent bladder infections and Interstitial Cystitis.

V-Revive offers non-surgical options including the Mona Lisa Touch laser, CORE2 Intima laser, ThermiVa and O-Shot that can improve sexual satisfaction, vaginal appearance, vaginal dryness or itching and urinary incontinence.

Please call and let us discuss your treatment options with you. Let this be the year of you and your beginning into the odyssey to improve your quality of life. It is never too late to take care of yourself.

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