

# platinumwomen's

●●●●●●●● HEALTH

Expect more from  
your doctors

More time

More attention

More options for  
feeling your best



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d Wellness







## Get more from Platinum Women's Health and Wellness

As a woman, you know that qualified, experienced, compassionate gynecologic healthcare is a must. Board-certified ob/gyns Dr. Meisner, Dr. Neal, and Dr. Valdivia can nurture your health and well-being for a lifetime. They offer you special qualities that are hard to find in healthcare these days and always give you the time and attention you deserve.

## Expertise you can trust

Dr. Meisner, Dr. Neal, and Dr. Valdivia can help you overcome the gynecologic conditions that cause you pain and keep you from living your life to the fullest. They offer the most advanced care in the area using the latest techniques and technology to ensure that their patients always get the best. Your health problem is as important to them as it is to you.







## Compassionate obstetric care

Dr. Meisner, Dr. Neal, and Dr. Valdivia are highly experienced with all aspects of pregnancy and delivery, from normal to high-risk. They'll do everything they can to help you have not just a healthy pregnancy, but the birthing experience you want (we even offer childbirth classes in the privacy of your home)- whether you're pregnant for the first time or are expecting the latest addition to your family.

# What you can “expect”

Here are some of the changes you can expect during your pregnancy:

## **First trimester –**

- Vaginal bleeding
- Breast tenderness
- Food aversions and cravings

## **Second trimester –**

- Weight gain
- Heartburn/constipation
- Skin changes
- Varicose veins

## **Third trimester –**

- Stretch marks
- Fatigue
- Frequent urination
- Vaginal discharge





## Complete gynecologic care

Dr. Meisner, Dr. Neal, and Dr. Valdivia offer the latest solutions for

- Hot flashes
- Sleep or sexual disturbances
- Urinary incontinence and other disruptive symptoms

Including many all-natural options. They are also both highly trained, experienced gynecologic surgeons, skilled in sophisticated techniques that are less invasive and easier on you.



## Solutions for abnormal, heavy bleeding

Many women experience heavy bleeding and pelvic pain without realizing how easily treatable these conditions are. But you don't need to be alarmed over your menstrual cycle. Get help from Dr. Meisner, Dr. Neal, and Dr. Valdivia. No matter what condition is causing your suffering, they will find the most comfortable and effective treatment options for you.





## Get help for bladder control

Too many women are unaware that help is readily available for a leaky bladder and urinary incontinence. Dr. Meisner, Dr. Neal, and Dr. Valdivia offer today's advanced, easy-on-you solutions for fixing your bladder control problem. Regardless of what's causing it, they will work with you to find the right solution, with sensitive care and understanding.

# Family planning and sterilization

Whether you're thinking about starting or growing your family or you no longer want children, you should know about today's most advanced family planning options:

- Condoms
- Oral contraceptives
- Intrauterine devices
- Depo-Provera injection
- Laparoscopic tubal ligation
- Rhythm method
- Nexplanon®
- Essure®







## Minimally invasive procedures

Dr. Meisner, Dr. Neal, and Dr. Valdivia can often perform minimally invasive procedures right here in the office with better results, faster recoveries and greater convenience, including:

- Essure®
- LEEP
- Colposcopy
- Urodynamic testing
- Intrauterine devices
- Endometrial ablation/Novasure®
- Nexplanon® insertion and removal

# Leopoldo Valdivia, DO, MPH, FACO

**Board-Certified:** American Board of Obstetrics and Gynecology

**Fellow:** American College of Osteopathic Obstetricians and Gynecologists

**DO:** Western University of Health Sciences, Pomona, CA

**MPH:** Master of Public Health, Tulane University, New Orleans, LA

**Residency:** Detroit Riverview Hospital/Wayne State University, Detroit, MI



"The best part of obstetrics and gynecology is the positive impact I'm able to make on my patients' quality of life. From the joy of helping women have healthy pregnancies and

safe, happy deliveries to assisting women in overcoming some of the more serious health issues they may face, every day is a rewarding one for me."



# James D. Neal, MD, FACOG

**Board-Certified:** American Board of Obstetrics and Gynecology

**Fellow:** American Board of Obstetrics and Gynecology

**MD:** Loma Linda University School of Medicine, Loma Linda, CA

**Residency:** Obstetrics and Gynecology, Franklin Square Hospital Center, Baltimore, MD



"My goal is to treat every patient who comes into my office as if she were my own family member. I communicate with my patients very effectively. When I can help eliminate a

woman's problem, and she realizes that her life is going to be normal again, you can see the confidence start to grow. It's really satisfying to help patients get to that point."

## Nicole Meisner, MD

**Residency:** Obgyn: Texas Tech University Health Sciences Center, Amarillo, TX

**MD:** Florida State University, College of Medicine

**BS:** Biology, Palm Beach Atlantic University, FL



"I feel passionate about medical mission work and have participated in several mission trips to Central and South America - Peru, Bolivia and Nicaragua. I have also worked with

domestic violence shelters here in the US. I would like to spend more time working with domestic violence and human trafficking victims locally and help create more awareness within the community."





## For your convenience

Our friendly, professional staff makes it easy for you to get the care you need:

- Prompt, flexible appointments to accommodate your schedule
- Insurance accepted and billed for you – we even offer payment plans
- Major credit cards welcome
- Convenient, accessible location with ample parking

# Contact Us



[Directions](#)

## **Murrieta Office:**

25470 Medical Center Drive, Suite 205

Murrieta, CA 92562

Phone: 951-677-0215 | Fax: 951-677-0991





Directions

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