

MedStudio Expands Menopause Care to Rural Minnesota

The renowned hormone therapy clinic has announced the opening of a new office in Ham Lake, bringing their expertise to an underserved area.

HAM LAKE, MN, UNITED STATES, October 14, 2024 /EINPresswire.com/ -- The landscape of women's healthcare is evolving, with a growing focus on comprehensive menopause management. However, a significant gap remains in the availability of specialized care, particularly in rural areas. [MedStudio](#), a leader in natural hormone therapy and holistic healthcare, is taking bold steps to bridge this divide with the opening of a new clinic in Ham Lake, Minnesota.

The Menopause Care Crisis

Recent studies have revealed a startling statistic: over 80% of OB-GYNs feel underprepared to manage menopause effectively. This lack of specialized training has created a shortage of knowledgeable providers, leaving many women struggling to find appropriate care, especially in rural communities. The consequences of this gap are far-reaching, affecting millions of women's quality of life during a critical phase of their health journey.

Cheryl Landwehr, Executive Director of MedStudio, emphasizes the urgency of the situation: "Menopause affects every woman, yet it remains one of the most underserved aspects of women's health. Our expansion to Ham Lake is a direct response to the growing need for specialized menopause care in rural communities."

Bringing Expertise to Rural Minnesota

MedStudio's new Ham Lake office represents a significant step towards improving access to



Menopause Symptom treatment with Natural Hormone Therapy

expert menopause care in underserved areas. The clinic will offer a comprehensive range of services, including:

- Personalized treatment plans tailored to each woman's unique needs
- Integrative health assessments to identify underlying imbalances
- [Cutting-edge treatments](#) for hormonal imbalances and menopause symptoms
- Bio-identical hormone replacement therapy (BHRT)
- Nutritional counseling and lifestyle recommendations

"We believe every woman deserves access to expert menopause care, regardless of where she lives," Landwehr adds. "Our Ham Lake office will serve as a beacon of hope for women in rural Minnesota who have been struggling to find relief from menopause symptoms."

A Holistic Approach to Menopause Management

MedStudio's expansion brings its unique, patient-centered approach to a wider audience. The clinic's philosophy blends functional, integrative, and lifestyle medicine to address the root causes of menopause symptoms, rather than simply treating surface-level issues.

Key aspects of MedStudio's approach include:

- Comprehensive hormone testing to identify imbalances
- Customized treatment plans that may include Natural BHRT, supplements, and lifestyle modifications
- Ongoing support and education to empower women in their health journey
- Integration of cutting-edge therapies and natural remedies
- Addressing Common Hormonal Concerns for Men and Women

The new Ham Lake clinic will focus on addressing the most common concerns faced by menopausal women, including:

- Hot flashes and night sweats
- Mood swings and irritability
- Sleep disturbances
- Weight gain and metabolic changes
- Decreased libido and sexual dysfunction
- Bone density loss and osteoporosis risk
- Cognitive changes and brain fog

A Timely Expansion

The opening of MedStudio's Ham Lake office coincides with Menopause Awareness Month, highlighting the clinic's commitment to education and advocacy. Throughout October, MedStudio will offer free consultations to the local community, providing valuable information and resources to women navigating this life transition.

The Future of Menopause Care

As MedStudio expands its reach, the clinic continues to champion a more holistic and

personalized approach to menopause management. By combining traditional medical knowledge with integrative therapies and lifestyle interventions, MedStudio is setting a new standard for menopause care.

The Ham Lake expansion is just the beginning. MedStudio plans to continue growing its network of clinics, bringing expert menopause care to more underserved communities across Minnesota and beyond.

For women in rural areas who have long struggled to find comprehensive menopause care, MedStudio's expansion offers new hope. By providing access to specialized treatments, personalized care plans, and ongoing support, the clinic is empowering women to take control of their health and well-being during this important life transition.

As awareness of the importance of specialized menopause care grows, clinics like MedStudio are leading the way in filling a critical gap in women's healthcare. Through their commitment to education, advocacy, and patient-centered care, they are helping to ensure that every woman has access to the support and treatment she needs to thrive during menopause and beyond.

For more information about MedStudio's services or to [schedule an appointment](#) at the new Ham Lake location, please visit medstudio.com or call 952-807-0415.

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