

Renaissance Healthcare for Women Offers Comprehensive Menopause Care for Women in the San Francisco Bay Area

Personalized menopause care to help women thrive with expert support and holistic solutions at Renaissance Healthcare for Women.



MOUNTAIN VIEW , CA, UNITED STATES,

July 28, 2025 /EINPresswire.com/ --

[Menopause](#) marks a significant

transition in a woman's life, often accompanied by physical, emotional, and cognitive changes.

[Renaissance Healthcare for Women](#), located in the heart of the San Francisco Bay Area, is proud to offer comprehensive menopause care tailored to meet the unique needs of each woman navigating this stage.

“

Our goal is to provide medical expertise and holistic guidance that helps women feel balanced, supported, and energized.”

Dr. Barbi Phelps-Sandall

For many, menopause brings challenging symptoms including hot flashes, mood swings, fatigue, disrupted sleep, and more. Beyond these immediate symptoms, menopause can also contribute to ongoing health concerns such as genitourinary atrophy, urinary incontinence, loss of bone density (osteoporosis), loss of muscle mass, and changes in mental functioning, including memory lapses and brain fog. Left unaddressed, these

changes can affect daily life, confidence, physical health, and overall well-being.

Renaissance Healthcare for Women is committed to providing compassionate, personalized care that empowers women to reclaim their health and vitality through every stage of menopause and beyond.

“We believe no woman should have to suffer in silence through menopause,” said Dr. Barbi Phelps-Sandall. “Our goal is to provide medical expertise and holistic guidance that helps women feel balanced, supported, and energized.”

The clinic offers a full spectrum of menopause care services, including:

Hormone Therapy for Symptom Relief

Renaissance Healthcare provides safe and effective hormone therapy for women experiencing moderate to severe symptoms. By restoring estrogen and progesterone levels, patients often report significant improvements in sleep quality, mood, bone health, cognitive clarity, and relief from hot flashes, vaginal dryness, and urinary discomfort. Each treatment plan is carefully tailored based on a woman's health history, risk factors, and individual goals.

Non-Hormonal Therapies for Menopause Relief

For women who prefer not to use hormones or who are not candidates for hormone therapy, Renaissance Healthcare offers a range of non-hormonal options. These evidence-based therapies include lifestyle modifications, nutritional support, herbal supplements, and non-hormonal medications that can alleviate symptoms like hot flashes, night sweats, mood swings, and urinary issues. The clinic also incorporates mind-body therapies such as acupuncture, yoga, and stress-reduction techniques to support overall health and resilience.

Holistic Approaches to Menopause Care

In addition to clinical treatments, Renaissance Healthcare emphasizes holistic wellness. Their approach includes nutritional counseling to combat muscle and bone loss, customized exercise programs to preserve strength and stability, and mindfulness practices to support emotional and mental well-being.

Why Women Across the Bay Area Trust Renaissance Healthcare for Women:

- Personalized Care Plans tailored to each patient's needs and long-term health goals
- Comprehensive Services that blend conventional medicine with integrative approaches
- Convenient Location at El Camino Hospital in the Sobrato Pavilion in Mountain View
- Expertise and Compassion from a dedicated team focused on women's health at every stage

Take the First Step Toward Relief

Renaissance Healthcare for Women invites women to prioritize their health and reclaim their vitality during menopause. To schedule an appointment, individuals can call (650) 988-7830 or visit the clinic at Sobrato Pavilion, 2495 Hospital Drive, Suite 515, Mountain View, CA 94040.

About Renaissance Healthcare for Women

Renaissance Healthcare for Women is a trusted provider of personalized, integrative women's healthcare in the San Francisco Bay Area. With a focus on compassionate care, the clinic supports women through every stage of life—from reproductive years to menopause and beyond.

Dr. Barbi Phelps-Sandall

Renaissance Healthcare for Women

+1 650-988-7830

[email us here](#)

Visit us on social media:

[LinkedIn](#)

[Instagram](#)

[Facebook](#)

[X](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/834799774>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.