

Women's Hormonal Health Takes Center Stage in Monaco - Medi-Gyn Transforms Women's Hormonal #Longevity #HormoneHealth

Medi-Gyn's Monaco conference highlights a proactive, personalised approach to hormonal health, advancing women's lifespan and quality of life.

MONACO , MONTE-CARLO, MONACO, May 6, 2026 /EINPresswire.com/ -- In the elegant backdrop of Monte Carlo, Medi-Gyn CEO Irina Bond led an inspiring and thought-provoking evening at Le Méridien Beach Plaza, where professionals, health advocates, and members of the international community gathered for a landmark Medi-Gyn conference dedicated to a topic that is finally receiving the attention it deserves: women's hormonal health during all menopausal stages.



From menopause to a proactive menoSTART approach to Women's Health

As conversations around women's health, lifespan, and graceful ageing continue to evolve globally, Medi-Gyn's Monte-Carlo event helped make an impact on our understanding of hormonal health.

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We are redefining women's healthcare by shifting from reactive treatment to proactive, personalized hormone optimization that empowers women to live longer, healthier lives.”

Irina Bond, CEO Medi-Gyn

Today, hormonal health and balancing hormones are not just niche concerns limited to women undergoing menopause or those who are post-menopausal. Hormonal health is now looked upon as a central pillar of lifespan, health span, and long-term well-being.

A Monaco Women Network Event Driving Meaningful Conversations

Medi-Gyn's conference on Women's Hormonal Health was hosted by the Monaco Women Network, and it amplified the organisation's mission to create spaces where professionals can connect, exchange ideas, and learn from one another. Known for curating high-value gatherings, the network once again brought together a diverse audience with a shared curiosity about progressive health topics, including women's health, perimenopause, menopause, and postmenopause care.

Irina Bond of Medi-Gyn Presents a New Paradigm in Hormonal Care
The highlight of the evening was a compelling keynote delivered by Irina Bond, founder and CEO of Medi-Gyn. She offered a comprehensive, science-backed approach to women's hormonal care that is a 180-degree change from the traditional approach.



Together we are stronger



Monaco Women Network introduction of Irina Bond and menoSTART Networking Conference

Irina stated how, at Medi-Gyn, they take a comprehensive approach to an individual's concerns rather than focusing solely on symptom relief. She also emphasised why getting to the root causes of patient concerns is vital and outlined how hormonal imbalances can cause a wide range of symptoms, from fatigue and mood fluctuations to cognitive decline and metabolic changes, many of which affect women much before they receive appropriate support or diagnosis.

Irina also explained how she and her team integrate bioidentical hormone therapy (BHRT), functional medicine, and advanced diagnostics to create a personalised treatment model, a 360° model, that is designed not only to restore balance but also to optimise long-term health outcomes, empowering women to take a proactive role in managing their wellbeing.

Medi-Gyn's 360° Approach to Women's Health, Energy, and Longevity

Speaking of a 360-degree approach to women's health, one of the most impactful aspects of the discussion was the emphasis on interconnected health systems. Since hormones influence nearly every function in the body, such as your energy levels, sleep quality, brain function, bone density, and cardiovascular health, it is absolutely necessary to address hormonal health much earlier on, before it has far-reaching implications.

The conference attendees gained intriguing insights into how a structured and personalised treatment approach can help reduce the risks associated with ageing, such as osteoporosis and heart disease. Additionally, an equally important discussion was about quality of life and how women feel, think, and perform on a daily basis, especially with age.

In the many engaging conversations during the conference, the concept of “healthspan” also emerged. Instead of just extending an individual's lifespan, expert clinics like Medi-Gyn can help increase one's healthspan by ensuring the individual lives with vitality, independence, and mental clarity– all of which become increasingly difficult to have with growing age.

Shifting from Reactive to Proactive, Personalised Healthcare

A key takeaway from the Medi-Gyn Conference in Monte Carlo was the urgent need to move away from reactive healthcare models and shift to a proactive one. Women usually seek medical care or help only after symptoms have become too much to bear or are interfering with their functioning. However, this is most often too late. Medi-Gyn, on the other hand, advocates for early intervention, continuous monitoring, and data-driven decision-making to help women live healthy, good-quality lives.

Medi-Gyn's proactive model uses advanced diagnostics to create highly individualised care plans. Experts at Medi-Gyn understand that no two patients are the same, and so treatment must be tailored to each person's unique hormonal profile, lifestyle, and health goals.

Advancing the Future of Women's Hormonal Health

As the evening drew to a close, one message stood out clearly: the future of women's health lies in personalisation, proactive measures, prevention, and empowerment. Medi-Gyn, under the leadership of Irina Bond and supported by a team of hormone experts, represents a significant step in that direction.

By combining scientific research with a holistic understanding of the female body, this new personalised model of care is helping to define what it means to age well.

Events like this are important catalysts for change that challenge outdated methods and approaches, introduce innovative solutions, and create communities that support ongoing learning and transformation.

In a world where longevity is increasing, the conversation is no longer just about how long we live, but how well we live. And as demonstrated in Monte Carlo, the path forward is one rooted in knowledge, connection, and a commitment to better health for all.

About Medi-Gyn

Medi-Gyn is a leading telehealth hormone-balancing, functional medicine and regenerative centre committed to improving women's health through innovative medical solutions, high-quality care, and strategic partnerships. With a significant presence throughout the Middle East,

Medi-Gyn is dedicated to improving hormone health and providing reliable, efficient solutions that support hormone healthcare systems. The organisation is dedicated to providing patient-centred care and promoting favourable health outcomes for all patients.

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