

Lighthouse Longevity Opens in Geneva, Bringing Personalized Hormone, Women's and Men's Health Care to Kane County

Founded by Ida Lampignano, APRN, FNP-C, Lighthouse Longevity offers personalized hormone, metabolic, sexual, and preventive health care for women and men.

GENEVA, IL, UNITED STATES, September 10, 2026 /EINPresswire.com/ -- [Lighthouse Longevity](#), a new wellness practice founded by [Ida Lampignano, APRN, FNP-C](#), has officially opened in Geneva, Illinois, serving patients throughout Geneva, Batavia, St. Charles, Elburn, North Aurora, and surrounding Kane County communities.

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Ida Lampignano, APRN, FNP-C, Founder of Lighthouse Longevity

With more than 15 years of healthcare experience and a background in women's health, gynecology, and hormone medicine, Ida created Lighthouse Longevity around something she believes is often missing in healthcare: looking beyond the symptoms, addressing potential root causes, and creating a space where patients feel

comfortable sharing their story and truly feel seen and heard.

“My years working in gynecology and alongside a functional gynecologist and hormone specialist completely changed the way I looked at the body,” Ida said. “I learned how connected our hormones are to sleep, metabolism, mood, energy, sexual health, and overall well-being. I also learned that we cannot ignore what our bodies have been through. Sometimes we need to ask not only, ‘What are your lab results?’ but also, ‘What has your body been through?’”

Chronic stress and trauma can affect the body's stress response and may influence sleep, hormones, metabolism, and overall well-being. At Lighthouse Longevity, these connections are considered as part of understanding the whole person.

Ida's experience in gynecology also shaped her passion for helping women with concerns that go beyond hormone optimization. In addition to caring for women navigating perimenopause and menopause, Lighthouse Longevity evaluates women experiencing recurrent bacterial vaginosis (BV), frequent urinary tract infections (UTIs), lichen sclerosus, vaginal changes, sexual discomfort,

and other intimate health concerns that can significantly affect quality of life.

“These are concerns women sometimes live with for months or even years,” Ida said. “They may have been treated multiple times and still don't understand why the problem keeps returning. I want women to feel comfortable talking about these symptoms and know that intimate health is an important part of their overall health.”

[Hormone Health](#) Is Not Just a Women's Issue

Lighthouse Longevity is equally committed to helping men understand the changes occurring in their bodies. Men also experience meaningful hormonal and metabolic changes throughout life. Testosterone and other hormonal changes can occur alongside changes in energy, strength, body composition, mood, sleep, libido, and sexual function. Prostate health, urinary symptoms, erectile function, and cardiovascular and metabolic health can also play important roles in a man's overall health and quality of life.

“Men don't always talk about what they're experiencing,” Ida said. “Changes in erections, libido, energy, strength, or prostate and urinary health can be difficult to discuss. I want men to know these conversations are normal. They deserve a place where they can talk openly without embarrassment or judgment.”

Lighthouse Longevity provides personalized evaluation and care focused on men's hormone and testosterone health, prostate wellness, erectile dysfunction, sexual health, metabolic health, and preventative wellness.

“There is no one-size-fits-all protocol here,” Ida said. “I want my patients to understand their bodies, understand their options, and be part of the decisions we make about their health.”

Why Lighthouse?

The name Lighthouse Longevity represents what Ida Lampignano wants the practice to provide: guidance, safety, and a steady light when someone's health journey feels uncertain.

“I founded Lighthouse because I believe healthcare should feel like family,” Ida said. “I want people to walk through the door and know they are going to be seen, heard, and cared for. I don't want patients leaving with more questions than answers.”



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For Ida, longevity is not about trying to stop aging. "Aging is inevitable. Feeling invisible while doing it shouldn't be. My hope is that patients leave feeling lighter because somebody finally listened," Ida said. "I want them to feel educated and hopeful and know that they have someone walking beside them."

About Lighthouse Longevity

Lighthouse Longevity is a wellness and longevity medical practice in Geneva, Illinois, founded by Ida Lampignano, APRN, FNP-C, a board-certified Family Nurse Practitioner with more than 15 years of healthcare experience.

The practice provides individualized care focused on bioidentical hormone optimization, perimenopause and menopause, recurrent vaginal and urinary concerns including BV and frequent UTIs, lichen sclerosus, men's hormone and testosterone health, prostate health, erectile dysfunction, sexual wellness, metabolic and weight-management health, and preventative longevity care.

Lighthouse Longevity serves Geneva, Batavia, St. Charles, Elburn, North Aurora, and surrounding Kane County communities with a mission to look beyond symptoms, explore potential underlying contributors, and provide compassionate, personalized healthcare where women and men feel seen, heard, educated, and supported.

Illuminate your path to better health.

Ida Lampignano, APRN, FNP-C

Lighthouse Longevity

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