

## Women's Health Clinic for Menopause and Sexual Medicine

INFORMATION FOR THE PATIENT

### Model of Care

Our primary value is that the **needs of the patient come first**. The following elements describe our model of care:

- Collegial, cooperative teamwork with true multispecialty integration
- An unhurried examination with time to listen to the patient
- Directing patient care in partnership with the primary provider
- Highest-quality patient care provided with compassion and trust
- Respect for the patient, family and the patient's primary provider
- Comprehensive evaluation with timely, efficient assessment and treatment
- Availability of the most advanced, innovative diagnostic and therapeutic technology and techniques

*Mayo Clinic will provide the best care to every patient every day through integrated clinical practice, research and education.*



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*for transitions  
in a woman's life*

*The health care team in this clinic is committed to listening to a woman's concerns, understanding her needs and working with her to develop an appropriate treatment plan.*

## *What is the Mayo Clinic Women's Health Clinic?*

The Women's Health Clinic provides care to women with menopausal and sexual health concerns. Consultation is provided by an integrated team of specialists in gynecology, internal medicine, psychology/sex therapy, nutrition and lifestyle counseling. In addition, a service-oriented staff supports the practice.

We offer patients a unique experience by combining clinical expertise with an integrated approach to the special health needs of women. In addition to addressing your specific menopausal and sexual concerns, our goals are to:

- Partner with you and your primary provider
- Promote your health and wellness
- Advance the science of women's health

Our academic environment fosters collaboration and promotes development of new and innovative treatments. We are committed to continuous improvement in the quality of care and services our patients receive.

## *Who might benefit from consultation at the Women's Health Clinic?*

Women with:

- Menopausal symptoms, such as hot flashes, vaginal dryness and sleep problems
- Menopausal symptoms and a history of breast, ovarian or uterine cancer
- Questions about bioidentical compounded hormones and alternatives to hormone therapy
- Sexual health concerns such as loss of sexual desire, problems with arousal or orgasm, limited sensation and pain or discomfort with intercourse

## *What services are offered?*

### **Menopause consultation**

Women have unique needs as they transition through menopause. We will work with you to design an approach that works for you.

What to expect at your visit:

- A consultation with an internal medicine or gynecology clinician to evaluate menopausal symptoms and medical history
- Physical examination
- Preventive health review
- Lab or other diagnostic tests as appropriate
- Individualized recommendations for hormone therapy or alternatives
- Counseling on improved wellness and healthy aging

### **Sexual health consultation**

Sexual health is a mind, body and relational experience. We will address the factors that contribute to your sexual well-being.

What to expect at your visit:

- A consultation with an internal medicine or gynecology clinician to evaluate sexual concerns and medical history
- Physical examination
- Meet with sex therapist for evaluation and education
- Lab or other diagnostic tests as appropriate
- Individualized treatment recommendations
- Counseling on improved sexual health and wellness

### **Healthy lifestyle counseling**

Healthy lifestyle counseling assesses your daily activity, mental well-being, stress level and nutritional needs. You will receive personal strategies to improve health and wellness.

### **Individualized plan of care**

A plan of care individualized for your needs will be established, and follow-up care provided when needed.

### **Coordination of care**

A summary of your medical recommendations will be sent to your care provider with your permission. You may wish to discuss specific treatment options with your provider as part of your ongoing care.

## *Environment of Care*

Your visit to the Women's Health Clinic will occur in a beautiful state-of-the-art facility. The clinic is located in the Gonda Building on the second floor.

### **Confidentiality**

Our staff has created a comfortable setting to share your personal concerns. The information you share becomes part of your confidential medical record. The highest ethical standards are part of Mayo Clinic's culture, where employees and staff embrace a code of conduct that includes mutual respect, protecting patient information, and honesty. This tradition of integrity is one of the reasons for Mayo Clinic's continued success.

### **Scheduling an Appointment**

You may contact our appointment staff at (507) 284-2111 Monday – Thursday from 7 a.m. to 7 p.m. Central time, or on Fridays from 7 a.m. to 5 p.m. Central time. Please indicate whether you wish to be seen for menopausal concerns, sexual health concerns or both. This will ensure you are scheduled for the appropriate consultation and that you receive the related pre-appointment materials.