

Strong Fertility Center Women's Lifestyle Center

The Women's Lifestyle Center is designed exclusively for women experiencing irregular menstrual cycles and hormone imbalances, a condition known as Polycystic Ovary Syndrome (PCOS). PCOS affects both reproductive and metabolic function and is associated with infertility and increased risk for diabetes. The program is also designed for women without PCOS who are experiencing difficulties in infertility and hormone function.

The Program

Whether you are attempting pregnancy, interested in improving your hormonal profile, or reducing your risk for heart disease and diabetes, the Women's Lifestyle Center has a program for you.

Our program is designed to foster lifestyle changes that emphasize healthy behaviors and provides the necessary support to maintain compliance with the improved lifestyle. Also, we work together with the Strong Fertility Center to coordinate your fertility and hormone treatments.

Each Woman Receives

As a participant in the Women's Lifestyle Center you will receive:

- A thorough medical history and risk factor assessment by our physician, Dr. Kathleen Hoeger, a board certified reproductive endocrinologist. Dr. Hoeger will monitor your hormonal profile and coordinate your fertility treatments.
- A complete nutritional consultation with our registered dietician, Tracy Cherry, RD, CDN, Clinical Nutrition Specialist.
- A private consultation with our Lifestyle Coach, to work with you in overcoming barriers and meeting your personal goals.

- A brief meeting with our Fertility Nurse Specialist, Germaine Santoriella, RN, BSN to review your lifestyle treatment plan and follow-up care.
- A private, individualized exercise training session with our exercise physiologist if indicated.
- Appointment information and follow-up with Carolyn Eisenman, B.A. Patient Coordinator.

Starting the Program

All individuals entering the Women's Lifestyle Center require registration with the Strong Fertility Center. This may require a referral from your primary care physician or an OB/GYN physician.

Appointments are arranged by calling 585.487.3378. Our staff will be happy to help you obtain the necessary paperwork to expedite your appointment.

About the Fee Structure

The Women's Lifestyle Center offers a modest fee structure for the lifestyle modification program. Major health insurance carriers may cover your physician consultation visit and some aspects of the fertility management. Our staff will be happy to help you determine your insurance benefits and which portion of your fees will be your personal responsibility.