

CS KP: Women's Health Doctor Near Plano



Care That Connects the Dots in Women's Health

Periods, Pap smears, hot flashes—vagina owners have to juggle a wide range of health concerns. Staying healthy and happy amid everything from menstruation to menopause takes effort. And sometimes you lack the bandwidth (and medical degree 🩺) to manage it all on your own.

That's where having a **women's health doctor near Plano** you trust comes in handy. At [The Stoehr Center](#), we offer specialized care for anyone with a vagina, including both traditional services and cutting-edge procedures. Whether you're dealing with chronic pelvic pain or a lackluster sex life, our one-of-a-kind clinic has advanced, noninvasive treatments that can help.

Our next-level results come from our commitment to a whole-body, root-cause focused philosophy of medicine. Instead of centering on your symptoms, we look at the bigger picture to find the true cause of your problems. By exploring your personal life, mental health, and intimate relationships, we arrive at meaningful solutions to transform your quality of life.

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Traditional Women's Health Services

Some assume that since we provide cutting-edge, holistic care, we can't meet their standard medical needs. In reality, our innovative, whole-body approach allows us to excel at the basics, too.

Annual Exams: Preventive Care & Screenings

During your [annual wellness exam](#), Dr. Stoehr performs a pelvic assessment, including a minimally invasive vaginal exam. This appointment can detect conditions like:

- Abnormal bleeding
- Chronic pelvic pain
- Sexual dysfunction
- Endometriosis
- Adenomyosis
- Infections or abnormalities
- Cancer warning signs
- Fertility concerns

Feel free to share whatever's on your mind during your exam! Our [women's health doctor near Plano](#) will modify her approach depending on any new symptoms, health changes, or shifts in your habits.

Gynecological Care: Menstrual disorders, STIs & Pelvic Pain

We know health concerns rarely pop up at a convenient time. You can always visit us, regardless of your annual wellness exam date. From [sexual pain](#) to STI testing, we offer comprehensive [gynecological care](#), including treatment for:

- Bladder pain syndrome
- Pelvic floor dysfunction
- PCOS
- Fibroids
- Hormone issues

Reproductive Health: Contraception & Family Planning

Not ready to start a family? Trying to conceive? Planning your fourth pregnancy? We can help you navigate any part of your journey, ensuring you reach your goals as smoothly as possible. With a variety of [birth control](#) options and [family planning services](#) available, we've got your needs covered.

Menopause Management: Hormone Therapy & Counseling

Menopause doesn't have to mean hot flashes, mood swings, and zero energy. We help you thrive during this transition by offering [hormone therapy](#) and lifestyle counseling. With help from our [women's health doctor near Plano](#), you can navigate menopause from start to finish with relative ease.



4 Ways We Further Support Your Health

Thanks to our all-encompassing approach to women's care, we provide a robust selection of whole-body-health services, encompassing hormone health, weight loss, libido and sexual health, self-esteem support, and beyond.

1. Hormone Therapy: Boosting Your Internal Balance

Perimenopause and menopause can cause intensely disruptive symptoms. Yet, many women still fear [hormone therapy](#) more than the hormone imbalance they're facing. This fear often stems from outdated interpretations of the [Women's Health Initiative](#) study from a couple of decades back. Today, we know much more; when done correctly, the benefits of hormone therapy far outweigh the risks for most symptomatic women.

Leading organizations like the [American College of Obstetricians and Gynecology](#) (ACOG) and the [Menopause Society](#) (formerly known as NAMS) support HRT. Even many cardiologists now recommend it for its heart health benefits. With proper dosing and monitoring, HRT can be safe and effective, helping you feel like yourself again.

Pellet Precautions

One concern we often address is the use of hormone pellets. While popular, they're not recommended by ACOG or the Menopause Society. Pellets are often overpriced, with some patients spending more on a month of pellets than they would on a year of many other forms. Not to mention, insurance covers many of the medications we offer, making them significantly more accessible.

At The Stoehr Center, we've helped many patients cope with symptoms they experienced because of pellet hormone therapy and get started with more suitable solutions. One patient's testosterone was even in the 600s—far above the normal range for a woman. Come to our [women's health doctor near Plano](#) for dependable hormone therapy, where we put your safety and satisfaction first.

2. Weight Loss & Wellness: Overcoming Your Midlife Obstacles

During perimenopause and midlife, many vagina owners notice frustrating shifts in their metabolism—weight gain, energy dips, and stubborn fat that just won't budge 😞. These changes aren't your fault; they're a normal part of getting older. But to counteract these effects, you must take a more strategic approach to your wellness.

At The Stoehr Center, we support healthy weight loss through individualized programs, combining:

- [Semaglutide weight loss medication](#)
- [Health coaching](#)
- [Personalized nutrition plans](#)
- [Exomind](#)

Exomind is a unique brain-stimulation treatment that can boost mental clarity and stability. With help from this noninvasive technology, you can rewire your thinking to promote healthier dietary, activity, and cognitive habits.



Exercise Insights

With excess weight, many people double down on cardio, thinking more miles equals more results. But in perimenopause, excessive cardio can raise cortisol levels, increasing your appetite and promoting fat storage. Instead of getting stuck in this frustrating cycle, we help you shift to resistance training.

Lifting weights builds lean muscle, which raises your metabolic rate and makes it easier to burn calories, even on your couch-potato days. More muscle also improves your strength, confidence, and lifespan. Don't get us wrong, cardio still has its place; think brisk walks 3 to 4 times a week. But if you're entering the early stages of menopause, cardio no longer needs to be the star of the show.

For judgment-free support and transparent education on the science behind your body from a women's health doctor near Plano, [visit The Stoehr Center](#).

3. Low Libido: Supporting Your Sex Life

Feeling "off" in the bedroom is more common than many people realize, and it's nothing to be ashamed of. At The Stoehr Center, we understand that sexual desire plays a vital role in your well-being, so we're here to help you explore solutions with expertise and compassion.

If you've experienced a persistent lack of desire for more than 6 months that can't be explained by medication, stress, or relationship changes, you may meet the criteria for a Hypoactive Sexual Desire Disorder (HSDD) diagnosis. Thankfully, there are evidence-based options available to help you reclaim your sex drive.

We offer [Addyi and Vyleesi](#), which are sometimes called "female Viagra." For those whose low libido isn't the result of other concerns, these medicines are most beneficial. We go beyond simple prescriptions, performing a wide range of treatments dedicated to addressing the root cause of your concern, such as hormonal imbalances, mood disorders, and relationship dynamics.

To create a treatment plan that fits your life and values, we strategically pair these treatments in unique ways for each patient. We also perform therapies like:

- [Emsella for Sexual Function](#)
- [SoLa for Pelvic Therapy](#)
- [Emfemme 360 for Vaginal Rejuvenation](#)

Our team may also recommend supplements to support hormone balance and sexual vitality—because you deserve to feel confident, connected, and cared for!

4. Aesthetics: Enhancing Your Self-Esteem

Positive self-esteem means more than confidence in your looks. It's the foundation of feeling good in your body! It positively influences every part of your life: your relationships, your energy, your drive, and even your sex life. We can't speak for every [women's health doctor near Plano](#), but our approach to [aesthetics](#) goes beyond surface-level results, helping you reconnect with your true self.

Research shows that a strong sense of self-worth can reduce anxiety, improve resilience, and even enhance libido. That's because when you feel attractive and physically empowered, your nervous system naturally shifts toward safety and connection, which are key ingredients for intimacy and desire.

Our aesthetic treatments include:

- [Emsculpt NEO for Core Strength](#): Builds deep core strength, improves posture, and creates a leaner physique.
- [Exion Skin Tightening](#): Restores skin firmness and elasticity, so you can feel more youthful and vibrant.
- [Emface Facial Contouring](#): Lifts and smooths facial features for facelift-like results without invasive techniques.

These treatments support both physical rejuvenation and emotional vitality. You don't need to chase perfection—just a version of yourself that feels strong, centered, and authentically you. At The Stoehr Center, we're here to support that journey.



What Makes The Stoehr Center Unique

Many modern doctor's offices feature gloomy waiting rooms, rushed appointments, and prescription drugs. When providers are overwhelmed with patients and time constraints, the result is often disappointing care.

At The Stoehr Center, we have the luxury of ample time with you. By taking our time, asking the right questions, and drawing on our extensive knowledge of your needs, we whip up a personalized, sustainable care plan.

Not quite ready to discuss your health in person? Use our Treatment Planning Tool to get started with a [women's health doctor near Plano](#) online at no cost.

[Treatment Planning Tool](#)

Say Goodbye to Dismissive Doctors & Hello to *Real* Help

Rather than finding a doctor who offers general care to women, choose one who specializes in it and welcomes *all* vagina owners. Gone are the days of apathetic nods and fleeting appointments! Be seen, heard, and helped at The Stoehr Center 💕

If you're looking for a women's health doctor near Plano who truly gets it, book an appointment below.

[Request Appointment](#)

P1 KP: Female Viagra Near Plano



Female Viagra? Here's What You Should Know.

If your sex drive has disappeared and you're not sure why, *trust us*, you're not the only one. At [The Stoehr Center](#), we see a wide variety of patients facing low libido, each with a unique experience. We specialize in getting to the root of this issue and offering personalized treatment options, such as hormone therapy or **female Viagra near Plano**.

Let's delve into the intricacies of treating low libido.

Medication Misconceptions

Many women expect “female Viagra” to work like the male version—simple to get and instantly effective. But these medications, like Addyi or Vyleesi, are only approved for patients with diagnosed [Hypoactive Sexual Desire Disorder](#) (HSDD). This diagnosis requires low libido lasting at least 6 months with no better explanation (e.g. medications, stress, or relationship issues).

At The Stoehr Center, we start [low libido care](#) with a deep dive into your emotional health, hormonal balance, and relationship dynamics to uncover the root cause of your problem. We always work to resolve foundational issues prior to recommending prescription medications.

Addyi vs. Vyleesi: What's the Difference?

Most women respond to either [Addyi](#) or [Vyleesi](#), and sometimes both are worth trying. Addyi is taken daily for cumulative benefits, while Vyleesi offers short-term results within 24 hours. Insurance seldom covers these drugs, and you'll need to work closely with specialty pharmacies to get them.

At The Stoehr Center, we help you choose the right option while working to address the underlying emotional, hormonal, and relational factors tied to your desire.

Common Root Causes of Low Libido

When you have a vagina, desire is complicated. It often takes the perfect mix of conditions to feel present and excited in the bedroom. Common libido disruptors include:

- [Emotional stress or burnout](#)
- Relationship conflict
- Sexual trauma or pain
- [Body image issues](#)
- Parenting fatigue
- [Hormonal imbalance](#)

If any of these sound familiar, female Viagra alone won't solve your sex drive troubles. That's why at The Stoehr Center, we help uncover and treat the real root of what's holding you back.



Reclaim Your Confidence and Connection

We combine medical insight with compassionate counseling to restore your sex drive. Let's get to the root of what's really going on, so you can reclaim your confidence and connection!

Schedule an appointment to get started at The StoeHR Center.

[Request Appointment](#)

P2 KP: STI Testing Near Plano



STI Testing: What to Know, What to Ask & Why It Matters

Sexual health plays an essential part in your overall well-being. At [The Stoehr Center](#), we take a respectful, inclusive approach to **STI testing near Plano**. So ask whatever questions you have, feel understood, and get care that honors the full picture of your health!

Ready to learn what to expect at your STI visit?

Let's Talk About Testing: What to Expect at Your STI Visit

At The Stoehr Center, STI testing starts with a confidential, judgment-free conversation. We want you to feel completely comfortable being honest about your concerns, symptoms, and history.

Are you getting tested to be safe? Have you had a known or suspected exposure? Are you experiencing any new symptoms?

All your answers help us determine exactly what we should test for. This process is necessary because there's no standard "full panel" for STIs. We personalize your test based on your exposure, symptoms, and risk. So, ask for specific tests if you suspect exposure to something specific. We talk about vaginas and sex for a living, so don't feel you need to censor yourself



Test results typically come back within 48 to 72 hours, though we typically estimate 5 to 7 days to provide ample time for our lab support. If needed, we'll follow up with you about how to respond to a positive STI test.



Take a Step Toward Better Overall Health

Dr. Stoehr and her team provide compassionate, personalized care that respects your unique needs and concerns. Whether you're coming in for routine testing or have specific questions about STI prevention, we're here to support you every step of the way.

Don't wait to prioritize your sexual wellness. Schedule your STI testing appointment with us and take a step toward better overall health.

[Request Appointment](#)

Up Next: “Female Viagra” | Women’s Health Doctor