During the transition from women’s reproductive years through menopause and beyond, women experience many physical changes. All women experience menopause, but each one does so in a unique way. Most changes result from normal consequences of menopause and aging, while other changes may occur due to the development of illness, such as diabetes, cardiovascular disease, cancer, or hypertension. Specific midlife family circumstances such as caregiving burdens (aging parents, children and grandchildren), financial changes and relationship issues can add additional stress, which impacts women’s health. The Midlife Center for Women’s Health is dedicated to helping women during this often-challenging time.

MIDLIFE CENTER FOR Women’s Health

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Meeting the changing needs of mature women

www.promedica/doctors.org
The Midlife Center for Women’s Health offers evaluation and treatment for a wide range of issues experienced during midlife. Our center also treats special circumstances, such as menopause symptoms induced by cancer therapy and surgically-induced menopause or premature menopause before age 40. Perimenopause is the time period that begins with menstrual cycle and hormonal changes and ends 12 months after the final menstrual period. Most women will experience these changes in their 40s and 50s. Post menopause is defined as any span of time after the final menstrual period regardless of whether menopause was natural or induced. The average age of natural menopause is 51. The following are some of the issues that the Midlife Center for Women’s Health can address and treat:

- Fertility issues
- Abnormal uterine bleeding
- Hot flashes and night sweats
- Sleep disturbances
- Depression/anxiety/mood disorders
- Pelvic pain
- Vaginal changes/dryness/infections/tissue thinning
- Sexual dysfunction/decreased desire/pain with intercourse
- Urinary problems/frequency/incontinence
- Bone loss/osteopenia/osteoporosis
- Weight management/exercise/lifestyle changes

Since midlife is the time when illness and disease tend to be more common, we take an extensive medical and family history and assess for risk factors, give appropriate guidance, treatment or referral for the following:

- Cardiovascular disease (hypertension, heart attack and stroke)
- Cancer (breast, skin, uterine, cervical, ovarian, colon/rectal, and others)
- Diabetes
- Osteoporosis
- Depression

Treatment options will include a comprehensive range of evidence-based methods of treatment. For example, to treat hot flashes, traditional and compounded hormonal therapy or alternative and complementary treatment such as herbal remedies may be offered.

Treatment and management may also include utilizing various ProMedica resources and services, including dietary support, physical therapy and other specialty care.

Once we have assessed your medical history/risk factors, and addressed your symptoms, a treatment plan will be outlined in a letter to your primary care physician along with results of any testing we have obtained.

Menopausal Practitioners

Terry Gibbs, DO, FACOG, CCD, completed his undergraduate and graduate work in genetics at Indiana University. He obtained his doctor of osteopathy degree in Des Moines, Iowa. Dr. Gibbs pursued his internship in Michigan and received specialty training in obstetrics and gynecology at the Medical College of Ohio in Toledo. He is board-certified by the American College of Obstetrics and Gynecology and has been credentialed by the North American Menopausal Society as a menopausal practitioner.

Tammy Birbeck, DO, completed her residencies at St. Joseph Mercy-Oakland in Pontiac, Mich., and St. John’s Detroit Riverview Hospital. She completed her internship at Botsford General Hospital in Farmington Hills, Mich., and received her medical degree from Michigan State University. Dr. Birbeck is board-certified by the American College of Obstetrics and Gynecology.

Sandy Jensen, CNP, completed her advanced practice nursing education in San Jose, Calif. She is nationally certified as a women’s health care nurse practitioner and credentialed as a Menopause Practitioner by the North American Menopause Society. In addition, she is nationally certified as a reproductive endocrinology and infertility nurse. Sandy has many years of experience in obstetrics, gynecology, menopause, and assisted reproduction.