

Strong through menopause

During menopause, many women experience changes in their mental and physical well-being. This awakens the desire for advice regarding ways to maintain health and vitality.

In medical online coaching, we first create a location analysis and an individual risk profile based on previous history and family history. The options are then discussed and an appropriate individual therapy is initiated.

The aim of the online consultation is to guide you optimally through the changes of the perimenopause, menopause and postmenopause and to provide individual advice on the advantages and disadvantages of taking hormones. The suggested therapy can range from taking bioidentical hormones, minerals and vitamins to lifestyle coaching. The usefulness of various preventive examinations is also discussed. It is important to actively address the issue, acquire knowledge and receive professional support. You are not alone in this phase of your life.

You will receive the prescriptions and orders for any necessary laboratory analyses directly by digital means. You can have the blood sample taken by your family doctor or at the laboratory of your choice. The test provides values for assessing the hormone and vital substance situation in the blood.

The duration and costs depend on your individual needs.

We recommend an initial appointment for site analysis, diagnostics and individual advice.

A follow-up appointment for discussion after approx. 10-14 days.
Appointment of 50 minutes CHF 380