The Menopause Center



The Menopause Center at Texas Children's Pavilion for Women is dedicated solely to the care of women with menopause symptoms and related health issues — providing personalized care to improve their immediate health and serving as a lifelong resource for healthy aging.

The Center is uniquely designed to address women's physical and mental health during perimenopause, menopause and postmenopause. Whether your patient is in natural menopause, has primary ovarian insufficiency, or has entered menopause as a result of chemotherapy or a surgical procedure, our specialists' comprehensive approach addresses every aspect of menopause.

Conditions we treat

- Bladder issues, such as bladder irritability, overactive bladder and incontinence
- Cognitive changes related to menopause
- Hot flashes
- Irregular periods or changes in flow
- Menopause-related weight changes
- Mood changes such as depression, anxiety and difficulty tolerating stress
- Osteoporosis and osteopenia
- Pelvic floor disorders
- Sexual dysfunction/low libido
- Sleep disturbances, such as sleeplessness and night sweats
- Vaginal changes, such as dryness, painful intercourse and infections

Prevention

We help patients obtain the care they need to prevent disease and diagnose conditions early. Recommended screenings include:

- Blood pressure
- Cancer (breast, colon, uterine and cervical)
- Cholesterol
- Depression
- Diabetes
- HIV and sexually transmitted diseases
- Obesity
- Osteoporosis

Education

We educate women on healthy lifestyle habits during the menopause years, providing the latest information and guidance on:

- Achieving and maintaining a healthy weight/BMI
- Alcohol, tobacco and personal safety
- Exercise
- Nutritional needs
- Pelvic floor strengthening
- Sleep

Texas Children's Pavilion for Women

Baylor College of Medicine

The Menopause Center provides expertise and comprehensive care, with dedicated providers who specialize in:

- Gynecologic Oncology
- Gynecologic
- Gynecology
- Hormone Therapy
- Minimally Invasive Surgery
- Physical Therapy and Nutrition
- Reproductive Psychiatry
- Urogynecology
- Vulvar and Vaginal Health

Meet our team



Karen Louise Horst, MD
Director
Reproductive Psychiatrist



Ann Irene Schutt-Aine, MD
Gynecologist



Megan Howard, MD
Reproductive
Psychiatrist



Nicole H. Cirino, MD
Reproductive
Psychiatrist



Osarumen Doghor, MD
Reproductive
Psychiatrist



Glorisel González Viera, MD
Reproductive
Psychiatrist



Sarah Ammons, PT, DPT
Physical Therapist



Sofia Malvaez, MS, RD, LD
Registered Dietitian

How to refer a patient

Please visit **texaschildrens.org/refer** and select **Baylor Obstetrics and Gynecology** to submit the Gynecology online referral form. Select **Menopause** as the Reason for Referral. Complete as much of the form as possible and attach patient medical records before submitting. Medical records can also be faxed to **832-824-7333**.

If you have any questions, please call the Provider Connect team at **832-TCH-CARE (832-824-2273)**.

Location

Texas Medical Center
6651 Main St., Suite F320, Houston, TX 77030
Phone: **832-826-7500** Fax: **832-825-9401**

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