



Hoag for Her Center for Wellness

# Sexual Health Menu of Services



## Medical Consult

The first step in our program is a consultation with a sexual and hormonal health specialist led by Dr. Stephanie Davis. Our expert clinicians will help to create a curated program tailored to your specific needs.

Individual session **Billed to insurance**

## Pelvic Physical Therapy

Our team of specialized pelvic rehabilitation physical therapists can help to address common complaints like painful intercourse, vaginal atrophy, sexual dysfunction, and more.

Individual session **Billed to insurance**

## Relationship Counseling

You may need help navigating your relationship with your partner and support navigating your emotions. Our licensed marriage and family therapist will help you express your feelings and improve communication, strengthening the relationship between you and your partner.

Individual session **\$175**

## Nutrition Counseling

Our registered dietitian can help you make dietary changes to support hormones, improve sleep and overall health, and keep you feeling energized and confident.

Individual session **\$90**

## Acupuncture

Acupuncture has been proven to help reduce stress and anxiety and improve blood flow which can improve overall hormonal and sexual function.

Individual session **\$210** Follow-up **\$150**



To schedule a medical consultation with our lead physician or nurse practitioner, please call **(949) 829-5500**.

For any information or scheduling wellness visits, please call us at **(949) 764-7239, option 1**, or email us at [wellness@hoag.org](mailto:wellness@hoag.org).

For Pelvic Floor Physical Therapy, please call the number of your preferred location.

Newport Beach  
**(949) 764-7277**

Irvine  
**(949) 557-0190**

Huntington Beach  
**(714) 477-8160**

## Sexual Health Counseling

From physical discomfort, low libido, and navigating changes in your health and body, our sexual health therapist will help you explore the root cause of your concerns and provide you with strategies to restore your sexual health.

Individual session **\$175**

## Meditation and Mindfulness

Learn the tools of meditation, mindfulness, and breathwork to help control stress and improve your mood as you restore your sexual health.

Individual session **\$139**



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# Meet the Team



**Stephanie Da Silva Davis, MD, FACOG, MSCP**  
Program Director

Dr. Davis is passionate about sexual health, with expertise in treating sexual dysfunction and a goal to optimize sexual function for women from adolescence through menopause. She is a board certified OBGYN, an ISSWSH clinician devoted to the practice of Women's Sexual Health, and a Menopause Society Certified Practitioner.



**Sarah Graziani, MSN, FNP-BC, MSCP**

Sarah is a board certified Family Nurse Practitioner and Menopause Society Certified Practitioner. Sarah enjoys building relationships with her patients. She offers care that is inclusive, affirming, and empathetic.



**Kathleen Lombardo, DPT**  
Lead Physical Therapist

Kathleen is a Board-Certified Women's Health Clinical Specialist (WCS) through the American Physical Therapy Association (APTA). She believes in a multidisciplinary approach to care, and provides clinical mentorship for all PTs at the Hoag Pelvic Health program.



**Danielle Dawson, LMFT**

Danielle is a licensed marriage and family therapist specialized training at American Association of Couples and Sex Therapy. She is passionate about counseling couples and individuals around sexual health and other relationship challenges.