

# Everywoman's Health

Lara Williams, M.D.



## Practice Philosophy

My philosophy is to work in partnership with women in promoting physical and emotional health through nutrition, exercise and medicine, exploring both traditional and alternative routes.

## Professional Interests

- Adolescent medicine
- Infertility
- Dysfunctional Uterine Bleeding
- Incontinence, including minimally invasive surgery
- Vaginal and Vulvar Dermatology
- Fibroids
- Menopause/Peri-menopause
- NAMS certified menopause practitioner

- Cervical dysplasia
- Minimally invasive surgical techniques, including Laparoscopy and Hysteroscopy

## Background

I grew up in Houston, Texas, as the oldest of four children. I still regularly travel home to see my family. I am certified Pilates instructor and GYRO-TONIC instructor as well. My husband and I recently had our 1st child and I spend my free time enjoying being a new mom. I also enjoy the outdoors, reading, gardening, and fishing with my husband. I speak Spanish fluently, am a volunteer on the Girl Scout Board of Directors, and work with Junior League.

## Associations & Other

- Board Certified 2007
- Fellow ACOG, 2008
- Clinical Instructor OHSU, 2005-Present

## Education

- BA in Biochemistry and History from Rice University, 1996
- MD from Texas A&M University, 2000
- Residency in OB/GYN at University of New Mexico, 2000-2004