

Women's Health and Wellness



The future of
women's health
starts here.



**Mount
Sinai**

*Carolyn Rowan
Center for Women's
Health and Wellness*

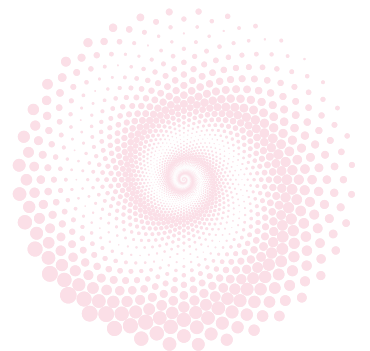


A Place Designed to Help Women Thrive

“Imagine a wellness center for women where you know you’re getting the best care—where all of the best doctors are focused on you, and every interaction comes from a place of caring. I was born at Mount Sinai, my children were born at Mount Sinai, and I feel so fortunate to be able to do this with Mount Sinai.”

—Carolyn Rowan

Comprehensive Compassionate Connected



Integrative Care On the Upper East Side

- Located in the heart of the Upper East Side at East 99th Street and Madison Avenue
- Anchoring women's health care in one coordinated destination
- Meeting the evolving needs of women across every decade of life



A New Kind of Women's Health Center

Welcome to the **Carolyn Rowan Center for Women's Health and Wellness** — a new model of care designed entirely around women. Thoughtful, connected, and grounded in expertise, the Rowan Women's Health Center offers comprehensive, coordinated care at every stage of life.

Our approach unites conventional medicine with proven integrative strategies to support **prevention and healthspan** — the years spent in vital, good health. We connect hormones, heart, bone, brain and body for truly comprehensive care.

We go beyond treating disease, helping women optimize wellness, vitality, and longevity.

Care That Grows With You

From your first visit, the Rowan Women's Health Center supports every chapter of your health journey. Our team provides personalized, compassionate, and science-based, whole-person care—addressing not only symptoms, but also the root causes that influence long-term well-being.

We help women feel their best today, while protecting their health for decades to come.

Expert Care, All in One Place

We've brought leading specialists together under one roof to make care seamless and coordinated.

Your Health, Your Path

Through **MyPath**, our signature series of **guided, curated, and integrated care experiences**, we bring together the right specialists and services around specific women's health needs, such as **midlife hormonal and cardiometabolic health, postpartum recovery, and surgical transitions**.

Each pathway blends advanced medicine, nutrition, and lifestyle science to help you move from symptoms to solutions with clarity, confidence, and measurable results.

Our Services

Menopause and
Hormonal Care

Gynecology

Gynecologic Surgery

Urogynecology

Gynecologic Ultrasound

Cardiology

Endocrinology

Gastroenterology

Orthopedics and
Musculoskeletal Health

Nutrition

Pelvic Floor Physical Therapy

Behavioral Health

Obstetrics

Advanced Diagnostics

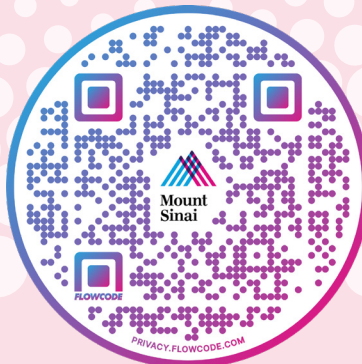
Advanced Gynecologic
Ultrasound

Bone Density Testing

Body Composition Analysis

**Personal navigators
coordinate appointments,
referrals, and follow-up—
so you can focus on your
health, not logistics.**





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