

Beverly Joyce, MD, a Gynecologist with Women's Care Medical Group

Get to know Gynecologist Dr. Beverly Joyce, who serves patients in Redwood City, California.



New York City, New York Oct 12, 2022 ([Issuewire.com](https://www.issuewire.com)) - A well-regarded obstetrician-gynecologist, Dr. Joyce is a part of the team of professionals at

Women's Care Medical Group, which is a part of Stanford Children's Health.

She performs gynecologic surgery at Sequoia Hospital, including minimally-invasive and open hysterectomy, laparoscopy, and hysteroscopy. She also does office procedures, including colposcopy, LEEP, ultrasound, saline infusion sonography, hysteroscopy, IUD insertion, endometrial biopsy, and intrauterine insemination. She has expertise in perimenopause and menopause, and management with hormonal and non-hormonal therapies.

“The opportunity to bring life into the world makes my field one of the happiest in all of medicine. But my practice has evolved into the practice of gynecology, infertility, menopause, and well-woman care. Patients I have delivered are now perimenopausal and I am seeing their daughters as patients!” expressed the doctor.

With a love for being a woman in a woman’s field, Dr. Joyce has been through many of the same things her patients have been through, so she can relate. She treats all aspects of wellness, including stress reduction, work/life balance, parenting, self-care, and anything else that may come up.

People who know her say that she is direct and she doesn't beat around the bush. She listens very closely to what her patients are saying and values their opinions about their own care. She thinks her ability to listen and truly hear what they are saying is what attracts people to her.

When Dr. Joyce was young, she wanted to become a veterinarian. But as it turned out, she was allergic to animal hair, hay, and grass. During high school, she shadowed an OB/GYN in her local community in Boulder, Colorado, and that clinched her destiny.

Obstetrics and gynecology (OB-GYN) is the medical specialty that encompasses the two subspecialties of obstetrics (covering pregnancy, childbirth, and the postpartum period) and gynecology (covering the health of the female reproductive system – vagina, uterus, ovaries, and breasts). An obstetrician-gynecologist, or OB-GYN, is a healthcare professional who specializes in female reproductive health.

In 1984, Dr. Joyce graduated with her Bachelor of Arts degree from Mount Holyoke College. She spent the next year in Fairfax, Virginia working at The Genetics and IVF Institute, where she honed her skill in ultrasound. She then studied at The Johns Hopkins University School of Medicine, graduating with her medical degree in 1989. She completed her internship and residency in obstetrics and gynecology at the Kaiser Permanente Medical Center in San Francisco and then spent six years as a staff physician in Kaiser’s Ob/Gyn Department before joining the Women’s Care Medical Group in 1999.

Providing care to women of all ages, she is board-certified in obstetrics and gynecology by the American Board of Obstetrics and Gynecology (ABOG). The ABOG is a non-profit organization that provides board certification for practicing obstetricians and gynecologists in the United States and Canada.

Trained as a life coach, Dr. Joyce coaches other physicians who may be struggling with career and life stressors. This includes burnout, desire for a career pivot, relationship issues, empty nest, as well as issues particular to menopause- brain fog, weight gain, anxiety, and depression.

“Through coaching, therapy, and some deep soul-searching, I gave up obstetrics and the crazy hours that go with it, to work part-time doing gynecologic procedures, infertility, and well-woman care. I love coaching my patients on wellness strategies, and stress and lifestyle management, in addition to their medical conditions, especially perimenopause and menopause. Through my expertise in women's issues and in-depth, specific training in physician coaching, I also developed my own coaching program for women physicians who may be struggling” stated Dr. Joyce.

As part of her burnout journey, she became a HeartMath Certified trainer. Through breathing practice and mindset, this particular set of techniques helps her manage stress and the negative effects of cortisol on the body. Unlike meditation, these techniques can be used at the moment when stress hits. They can give an individual a sense of “alert calm,” and open the intuitive and creative channels of the mind. With regular practice, one will be able to de-stress more quickly, sleep better, be more creative, and enjoy life with a more balanced attitude.

Dr. Joyce’s professional affiliations include the American College of Obstetricians and Gynecologists (Fellow), the American Medical Association, the North American Menopause Society, the American Medical Women’s Association, the California Medical Association, and the American Association of Gynecologic Laparoscopists.

Happily married with two young adult children, Dr. Joyce is also an avid golfer. She is co-chair of the Sequoia Hospital Foundation’s annual Golf Tournament and is a several-time champion of her golf club’s women’s group.

Learn More about Dr. Beverly Joyce:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/1185094-Beverly-Joyce-Surgeon>, or through Stanford Medicine Children’s Health, <https://www.stanfordchildrens.org/en/doctor/beverly-joyce>

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