

STEPHEN J. HILGERS, MD

HOUSTON METHODIST OBSTETRICS AND GYNECOLOGY ASSOCIATES

Dr. Stephen J. Hilgers is fellowship trained in the medical and surgical practice of NaProTECHNOLOGY® (Natural Procreative Technology).

NaProTECHNOLOGY® (NPT) is a unique women's health science that monitors and maintains a woman's reproductive and gynecologic health, in addition to providing medical and surgical treatments that cooperate completely with the reproductive system.

NPT focuses on medical treatments that work in conjunction with a woman's menstrual cycle to treat a full range of gynecologic issues. It is also the first women's health science to incorporate family planning with reproductive health monitoring and maintenance. NPT utilizes the Creighton Model FertilityCare™ System biomarkers in order to uniquely, and accurately, evaluate and treat hormonal events during the menstrual cycle.

Dr. Hilgers received his fellowship training in medical and surgical NPT at the Pope Paul VI Institute for the Study of Human Reproduction in Omaha, Neb., a program affiliated with the Creighton University School of Medicine, and he is recognized as a Certified FertilityCare Medical Consultant (CFCMC) by The American Academy of FertilityCare Professional.



NaProTECHNOLOGY®
is a unique women's
health science
designed to
incorporate family
planning with
reproductive health.

HOUSTON
Methodist
LEADING MEDICINE

HOUSTON METHODIST OBSTETRICS AND GYNECOLOGY ASSOCIATES

6550 Fannin St.
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houstonmethodist.org/spg/obstetrics-gynecology



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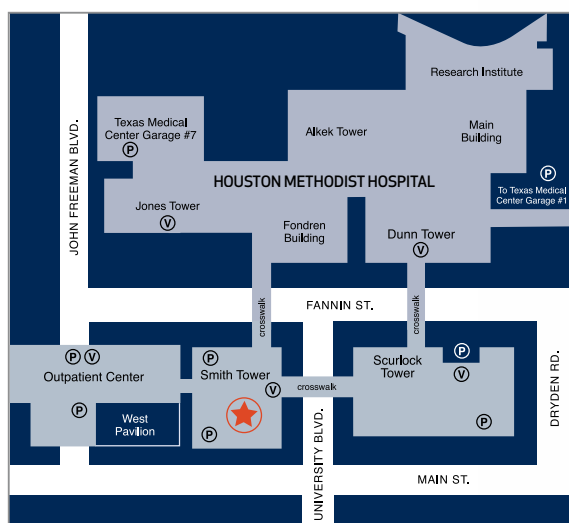
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Dr. Hilgers' practice specializes in medical NPT and the evaluation and treatment of the following gynecologic conditions:

- Underlying causes of infertility
- Menstrual cramps and chronic pelvic pain
- Premenstrual syndrome and premenstrual dysphoric disorder
- Ovarian cysts
- Dysfunctional uterine bleeding
- Polycystic ovarian disease
- Repetitive miscarriage
- Postpartum depression
- Hormonal abnormalities
- Chronic discharges

Dr. Hilgers also specializes in surgical NPT — an advanced form of reconstructive, restorative gynecologic surgery. Dr. Hilgers' gynecologic-surgical practice incorporates minimally invasive techniques in conjunction with advanced, da Vinci® Surgical System robotic applications in the following areas:

- Diagnostic evaluation of endometriosis
- Laser vaporization and surgical excision of endometriosis
- Polycystic ovaries, including robotic ovarian wedge resection
- Fallopian tube evaluation and repair
- Ovarian cysts
- Pelvic adhesive disease
- Advanced adhesion prevention techniques



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