

Sonya N. Ephraim, MD, FACOG, FPMRS, a Urogynecologist with Allure Pelvic Wellness and Aesthetic Gynecology

Get to know Urogynecologist Dr. Sonya N. Ephraim, who serves patients in Deer Park, Illinois.



New York City, New York Feb 6, 2023 ([Issuewire.com](https://www.issuewire.com)) - Get to know Urogynecologist Dr. Sonya N. Ephraim, who serves patients in Deer Park, Illinois.

Named 2023 Top Doc by Best in Illinois, Dr. Ephraim is the Founder, Medical Director & principal

medical provider of Allure Pelvic Wellness and Aesthetic Gynecology in Deer Park, Illinois. She strives to empower women with education and knowledge so they can confront their feminine health conditions head-on and seek treatment—without shame or embarrassment.

Specifically qualified to provide the full spectrum of female healthcare, some of her special interests include stress urinary incontinence, pelvic floor reconstruction, overactive bladder, pelvic organ prolapse, vaginal atrophy, painful intercourse, menopause, Lichen sclerosus, cosmetic gynecology, and sexual dysfunction.

Wanting to consistently offer the best and most cutting-edge treatments to her patients has led to the founding of Allure Pelvic Wellness and Aesthetic Gynecology. This private venture allows Dr. Ephraim to offer treatments that might not otherwise be accessible in a traditional hospital-based practice.

Proud to serve women in all stages of life, the goal at Allure is to take care of the whole woman, to critically assess what is compromising her health and wellness, and to offer an individualized treatment plan that will optimize health, improve confidence, and bring back joy through improved quality of life.

Raised in Western New York, Dr. Ephraim has always had a passion for women's health. From the age of 8 when she opened her favorite toy, *The Invisible Woman*, she knew she wanted to be a physician. She graduated with her Bachelor of Arts degree in Biology from the State University of New York College in 2001.

Then, through the encouragement of her parents and excellent mentorship, she realized her dream, earning her medical degree from the Jacobs School of Medicine and Biomedical Sciences of the University at Buffalo in 2006.

Furthering her training, Dr. Ephraim performed her residency in obstetrics and gynecology at Rush University Medical Center in 2010. She practiced as a general OB/Gyn in Rockford, Illinois for over 4 years before deciding to complete a fellowship in female pelvic medicine and reconstructive surgery at St. Luke's University Health System in Allentown, Pennsylvania.

Throughout her line of work, she has served as an associate physician at the Institute for Female Pelvic Medicine and Reconstructive Surgery (2015 - 2019), an associate physician at FPM Urogynecology Center (2015 - 2019), a specialist in urogynecology / female pelvic medicine and reconstructive surgery at Abington Hospital - Jefferson Health (2015 - 2019), a specialist in urogynecology / female pelvic medicine and reconstructive surgery at St. Luke's Hospital - Allentown Campus (2014 - 2019), a specialist in urogynecology / female pelvic medicine and reconstructive surgery at ARIA – Jefferson Health, Bucks County Campus (2017 - 2019), a specialist in urogynecology / female pelvic medicine and reconstructive surgery at Einstein Medical Center - Montgomery (2016 - 2017), a site physician within the Department of Obstetrics and Gynecology at Swedish American Medical Group (2010 - 2014), and as house staff within the Department of Obstetrics and Gynecology at Rush University Medical Center (2006 - 2010).

For over 4 years, Dr. Ephraim was in private practice in eastern Pennsylvania before deciding to return to the Chicagoland area. She now serves as the Chief of Female Pelvic Medicine and Reconstructive Surgery at Mercyhealth Women's Center–Rockford, and is a Clinical Assistant Professor at the University of Illinois College of Medicine at Rockford.

Holding herself to the highest standard of care, she is dual board-certified in obstetrics and gynecology & female pelvic medicine and reconstructive surgery 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.

With over two decades of surgical experience, Dr. Ephraim offers both surgical and non-surgical treatments for comprehensive pelvic wellness and aesthetic gynecology. She is passionate about delivering superior healthcare experiences for women and helping them live confident, fulfilling lives.

A member of the International Society of Cosmetogynecology, she has received certification for her additional training in cosmetic gynecology.

Distinguished as a Fellow of the American College of Obstetricians and Gynecologists (ACOG), she is also a member of the North American Menopause Society and the American Urogynecologic Society.

With a passion for teaching, Dr. Ephraim speaks on topics of women's health for different organizations, most recently for the Forum for Executive Women. She is also a social media content creator for WebMD.

"I believe strongly in patient education. I take a lot of time explaining to my patients and their loved ones what the pathophysiology of their defect is. A lot of women present to me are quite scared of not only what is happening to their bodies, but also of consequences and treatment. I try to alleviate that fear through education. Many women think that surgery will be debilitating and painful. While surgery is an option for many women, it can be done in a minimally invasive way and oftentimes it is not a necessity. Often, I can offer more conservative treatment options to relieve symptoms."

Happily married, Dr. Ephraim is wife to Yerachmiel "Rocky" Ephraim, and mother to Laila and Lennox Ephraim. Their family enjoys being active members of the South Barrington Community.

Learn More about Dr. Sonya N. Ephraim:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/1227138-Sonya-Ephraim-OB-GYN-Obstetrician-Gynecologist> or through Allure Pelvic Wellness and Aesthetic Gynecology, <https://allurepelvicwellness.com/dr-ephraim/>

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